



Community garden

Salvation Army educates public about fresh produce

37



Fighting Lyme Disease

Family, friends host fundraiser

38



Metors raise awareness about breast cancer. See page 57.

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online
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Cancer warrior



SARAH FERGUSON Fort ErieTimes

Fort Erie resident Alana Somerville will sign copies of her book, Chemosabe, on Oct. 26 at Chapters in St. Catharines. See page 2 for the story.

Town sued for \$10M

Four councillors also named in lawsuit

Sarah Ferguson
Fort Erie Times

Just days before the Oct. 27 municipal election, the Town of Fort Erie and four of its councillors are facing a \$10-million lawsuit launched by the Molinaro Group.

In the suit filed last week against the town, which names councillors Paul Collard, John Hill, Don Lubberts and Bob Steckley, the Molinaro Group alleges the defendants have committed a breach of trust and made efforts to hinder the project.

In December of last year, the Molinaro Group backed out of its 12-storey condominium project after Fort Erie council denied the developers an extension.

The Molinaro Group, a Burlington-based development company, had low sales and asked council to extend a deadline to June 2015 from Dec. 31, 2013 to allow for more time to sell condo units. The agreement allowed the Molinaro Group to walk away from the project in December with no consequences if less than 45 units had been sold.

After the request was denied, the Molinaro Group scrapped the project.

See Page 3



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Waging war against breast cancer

Fort Erie resident Alana Somerville shares her cancer story in her book

Sarah Ferguson
Fort Erie Times

When Alana Somerville was diagnosed with breast cancer, she didn't know what to expect. She had no idea how chemotherapy would affect her body, or what

she would go through mentally.

"Nobody could tell me exactly what would happen," Somerville said.

"Doctors would say you might expect this, or you could experience that."

But Somerville wanted to know "the down and dirty" of having breast cancer.

Somerville was 33 years old when she found a lump on her breast. She found it in the middle of the night during the long weekend.

"I was breastfeeding my son when I noticed a lump," Somerville said. "I asked myself when was the last time I checked. No one tells you to check for lumps when you are breastfeeding."

Who: Alana Somerville

What: Will sign copies of her book, *Chemosabe: Cancer Warrior*

When: Chapters in St.

Catharines, 285 Geneva St.

Where: Sunday, Oct. 26

Why: To talk about breast cancer

It's not something she ever expected to find because there was no history of breast cancer among her family members.

On a Monday, Somerville made an appointment with her doctor and within three weeks, she underwent a mammogram, and a biopsy. Somerville also underwent a lumpectomy

and chemotherapy.

"I didn't want to talk about it so I e-mailed my family and my friends about any progress."

As Somerville continued treatment, she began signing her e-mails as *Chemosabe*.

"I guess it was derived from me—it's a nickname for being 'the chemo person.' It caught on."

Somerville explains *Chemosabe* means "warrior," and that is exactly what she considers herself—a warrior against breast cancer.

The journey to health wasn't an easy one and Somerville said she couldn't have done it with-

out help from her family.

"My mom was a huge supporter and she moved in with us (to help)."

Somerville also had two young children to worry about so she didn't have much time to think about breast cancer.

"My kids didn't really allow me to wallow in self pity. My daughter would tell me I looked like Callou because I was bald but then she'd say okay, I'm hungry."

Somerville knew it was important to stay as positive as she could.

"I knew that negative thoughts weren't going to help me," Somerville said. "Not if I wanted to kick it (cancer) in the butt."

Fast forward several years later, and Somerville is in remission. Although she is healthy, Somerville continues to receive check-ups once a year to ensure the cancer has not returned.

It's something that she says is always in the back of her mind.

What she wants women to know is a breast cancer diagnosis "doesn't mean a death sentence."

That's why Somerville decided to share her experiences as a warrior against cancer in her book, *Chemosabe: Cancer Warrior*.

"I never intended to write a book," Somerville explains.

At first, Somerville wanted to take the e-mails she had sent to family and friends and put them together in a binder for her children to read one day.

As she began re-reading her e-mails, Somerville says she wanted to add more information. What she wrote blossomed into her book.

"After thinking of the whole situation, I decided that I didn't want the information that I learned (about battling breast cancer) to go to waste."

At the end of every chapter, Somerville includes the original e-mails she sent to her loved ones. She also includes a list of questions that cancer patients should ask their doctors about.

The Fort Erie resident will be signing copies of her book, *Chemosabe*, at Chapters in St. Catharines on Oct. 26 from 1 to 4 p.m.

For more information about *Somerville's book*, *Chemosabe*, visit online at www.cancerwarrior-book.com.

Proceeds from the book support Wellspring Niagara and the Canadian Cancer Society.

sarah.ferguson@sunmedia.ca

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- Continuing to advocate for necessary changes to the EDTC (Economic Development and Tourism Corporation.)

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Martin says the Molinaro Group 'has the right to recoup costs'

"I learned about the lawsuit last Thursday at about 4 p.m.," Fort Erie Mayor Doug Martin.

The lawsuit against the four councillors and the town comes as "no surprise" to him. "I was expecting this at some point."

Martin said town staff knew when the developer wasn't given an extension, that decision would likely result in a lawsuit.

According to Martin, the Molinaro Group was a "great partner" with the town and has the right to recoup "some of their losses."

"And that's what they are doing," Martin added.

The town has insurance to cover the claims on behalf of the four councillors, but they will be required to pay their own expenses should the Molinaro Group win the case.

Martin said he is "frustrated" over how the condominium project unfolded.

"After 30 years (in municipal politics), it's very disappointing to leave with a council that seems to have frustrated almost every developer in the Town of Fort Erie."

Collard, Hill, Lubberts and Steckley said the

lawsuit wouldn't affect their decision to campaign in the Oct. 27 municipal election. Collard, Hill and Lubberts are seeking reelection in their wards while Steckley has his sights set on a seat at regional council.

Collard said town staff has instructed them not to comment on the case.

"I can say that I will not change my campaign—not at all," he said.

Collard said there was no malicious intent against the

Molinaro Group or the condominium project.

"I never supported the project (from the beginning), but I was outvoted on it—everything that came to council," Collard said.

Collard said the Molinaro Group "had received all town approvals and a favourable ruling at the Ontario Municipal Board."

"First and foremost, I think it needs to be understood that all approvals for that project had been approved

including the site plan," Hill said.

"I don't believe there were any issues preventing the Molinaro Group from selling units that they decided to do," Hill added.

When the Molinaro Group asked for an extension, Steckley said the development company asked for an open-ended date and council voted against it.

"They came back to us and asked for an 18-month extension and council didn't

approve it.

"The fact that we didn't give them an extension didn't prevent the project from going forward. It was them (The Molinaro Group) that decided to pull out of the project."

Following a closed session meeting, Steckley made a motion to give the development company an eight-month extension, but it was rejected by council.

"I wouldn't grant them 18 months, but I would have

granted them eight months — one more summer season," Steckley said. "But that was voted down, and Martin, (Stephen) Passero and (Rick) Shular voted against that."

Lubberts would not comment on the lawsuit.

"All I can say is that I have spoken with our CAO, Tom Kuchy, and all comments (about the lawsuit) will be through him," Lubberts said. "This is a town matter and I will leave it at that."

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Fort Erie only has two representatives on a regional council that has 31 seats. Our mayor is given one seat and the other seat is what I am running for. We need a STRONG voice at the region to make sure Fort Erie's needs are being met. Unfortunately our current representative, **John Beel** has the fourth worst attendance record of all 31 regional members, and leaves shortly after he delivers his remarks at Fort Erie Council meetings. If you are not in attendance or you leave early you are not representing Fort Erie and we deserve better! I am a lifelong resident of Fort Erie and I have owned the Crystal Beach Candy Co. for 25 years. I am not running for regional council for the paycheck or to further my political career provincially or federally - **my focus is Fort Erie**. My opponent, **Gleny Kuznetsov** has attempted to enter provincial politics twice. I will promise never to run for provincial or federal politics, will my opponents make the same promise????

My Promises to you:

- I will attend the regional council meetings fully prepared and ready to discuss the issues.
- I will stay at the Town of Fort Erie council meetings until any and all business that could need regional attention is finished.
- I will make economic development within the region a priority and make sure that Fort Erie is considered for every project.
- I will make sure the region is fully heard with the Canadian Motor Speedway and any other developments that Fort Erie brings forward.
- I will investigate every opportunity to lower the regional portion of our outrageously high water bills.
- I will fight to keep your taxes low, and I will be respectful of your tax dollars. I will look for savings, duplications, and efficiencies within every department.

I am running for Regional Council because I believe I am the best candidate to represent Fort Erie's interests at the Regional level. I have the business and municipal experience to make a difference!

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opinion page

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Exercise your right to vote on Oct. 27

There seems a high level of interest in this municipal election, just days away.

With a wide variety of issues which include infrastructure, heritage projects, the Kinsmen Pool, and many others, now is the time to have your say about who you want to represent you.

We've had three all-candidates meetings hosted by the Greater Fort Erie Chamber of Commerce. These debates were held in town, at the Fort Erie Leisureplex and Stevensville Memorial Hall and all facilities were packed, standing room only.

Although the format for each meeting was different, they were all good opportunities to learn about the candidates, and the one comment we hear repeatedly is the strength of some of the candidates hoping to win a council seat from the incumbents.

Now, it's all over but the voting.

We've tried to provide lots of information to ease the decision-making process and ensure voters are well-informed about their candidates.

There are also web sites for most candidates, and they all have allowed us to publish phone numbers and e-mail addresses. If you're not sure about how to vote—reach out with your questions.

It's your task—some see it as a duty, others a right or privilege—to help steer the direction of the town, the region and the education of your kids and grandkids over the next four years, but it's best to do so from a informed position.

For information about voting Monday, call the town at 905-871-1600, or visit www.town.forterie.ca.

And when you head to the polls to vote on Monday, make sure you are making an educated choice before you mark the ballot with an 'x'.



Do You Remember?

Our thanks to Jim Johnson and David Gale for phoning in to identify last week's photo of the two men shaking hands. The man in uniform was James Melvin Jim who served in the Navy on both Canadian coasts. Jim has many fond memories from growing up with his cousin and following James' career in the services. The man on the right was Bora Laskin, former Chief Justice of Canada. David Gale met Mr. Laskin through his father, George

Gale, Chief Justice of Ontario when the latter served with Mr. Laskin on the Supreme Court of Ontario.

From the previous week's photo, we now have the name of the man in the white shirt and heard in both Fleet photos. This was Howie Ruegg taken in 1967 when Howie was participating in the Brothers of the Brush beard-growing contest for Canada's Centennial. A true family effort went into this one as his brother,

Doug Ruegg; his daughter, Linda Froats; and his wife Margaretta Ruegg all called in to tell us about him.

We will be featuring photos of Fort Erie people in uniform for the lead-up to Remembrance Day this year. This week's photo dated March 1977 shows both boys and girls in uniform. If you can identify any of them or tell us anything about this photo, please call the Museum at 905-894-3322 or e-mail museum@forterie.on.ca

letters to the editor

Time for a change

Dear Editor,

Royal Canadian Legion Branch 230 in Ridgeway relaxes the No hat rule on Friday nights after 7 pm.

Some have said this shows no disrespect to our veterans. It only shows we are moving into the next century. Should we be penalized for adjusting to

change?

People should remember this is the same Legion that donates annually to our local non-profit charities, in 2013 \$10,000. This is the same Legion that gives out \$2,500 dollars in bursaries annually to our graduating students.

The following excerpt taken from an Article by James Miller, Posted March 30, 2013 in the Daily Courier says it best:

"The biggest problem is resistance to change," MacDonald said in reference to recent financial

woes at legion branches. "It's not our old veterans who are running things, but people who have spent little, if any, time in the military. They're well-meaning. In most cases, but just don't have business experience. If qualified people don't volunteer, you get non-qualified people running the place. They tend to delegate and disappear, then blame the person who was in charge." "Service club members just don't grasp that you can't have cheap drinks, pay for entertainment that loses money, have paid staff and not be open to younger members," he said. "Legions, in particular, will continue to be dinosaurs until they cater to young people." "World War II vets came from the farms and small mining towns where there weren't nightclubs," MacDonald said. "Young soldiers today want to go where you can play eight-ball and not an old snooker table, where you can wear a hat when appropriate

and not be subjected to obsolete and draconian rules. They want to hear some of the music they grew up with." A rule change that should be considered is allowing hats in the lounge area when services and official ceremonies are not in session, he said. "An Eagles club on the coast just changed their rule and revenue is up 30%. Young people want to wear ball caps. Women who have just played slo-pitch might come in for a

beer afterward, but not if their hair is sweaty and out of place. If you look at me (MacDonald is bald). I like to have head wear sometimes." He notes that legion branches near military bases, most notably Petawawa, Ont., are booming because they've been able to adjust to change. The only people who can turn a branch around are local people. Barbara Hopkins on behalf of the executive branch 230.

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opinion page

Have a 'spooktacular time' at the library

It is the week before Halloween, and there are seasonally spooky activities for all ages at the Fort Erie Public Library.

Families of 2-7 year olds are invited to join a story and craft time to get everyone into the spirit this afternoon at the Stevesville branch and Monday, October 27 at the Centennial branch. The cost is \$2 per child, or \$5 for a whole family. Older children, ages 7 and up, are invited to sign up for a special Pumpkin and Ghost Rainbow Looms Maker Camp at the Centennial branch on Friday, October 24 at 3:30 p.m.

The cost is \$2, and bands will be supplied to make charms or bracelets. Feel free to bring your own loom if you have one. Space in all of these programs is limited, so please call ahead to register. Teen Lounge this month will have a black and orange (and purple) theme. On Thursday, October 30, teens and teens ages 12 and up can enjoy black and orange snacks, make a black and orange craft, and dance the Flying Purple People Eater, all for free, all after school at the Centennial branch.

Our Thursday night movie on October 30 is the 1986 version of *Little Shop of Horrors*, directed by Frank Oz and starring Rick Moranis, Vince Gardenia, Ellen Greene, Steve Martin, Bill Murray, Jim Belushi, John Candy—who's who of '80s comedy. Visit Mushnik's Floral Store to meet young Seymour and Audrey II. This PG rated *Shop of Horrors* will be screened on October 30 at 8:30 p.m. at the Centennial branch, and at the Crystal Ridge branch on Tuesday, November 4 at 2:00 p.m. Admission is \$3.

Members of the Horror Writers Association will visit



Amy Roebuck
Fort Erie Public Library

the Centennial branch on Wednesday, October 28 at 7:00 p.m. to talk about their craft and the nature of horror writing in Canada. They promise to throw in a few spooky stories to set the mood. Some print books will be available for sale and signing. Teens and adults are all welcome to this free program. Don't miss this event if you are a horror buff, whether you are interested in writing it, or simply enjoy the thrills and chills of reading it.

Whether you are young, older or in between, there are probably some scary stories or favourite horror authors that you enjoy. Whether you want Stephen King, Dean Koontz, or the 'Haunted Canada' children's series, find the best at any library branch, or search horror or Halloween online at www.fep.ca.

The wonderful Therapy Tails dogs and their friends will be at the Centennial branch of the library this Saturday, October 25 starting at 2:00 p.m. Read to the Therapy Tails dogs! Does your child need a bit of extra reading help? Is your child fearful of dogs? This program is perfect for both situations. "Game On!" is for all ages, on October 28 at 3:30 p.m. at



Pumpkins

the Centennial branch. Do you game? Come and meet the other gamers in Fort Erie. Whether you enjoy card games like *Pokemon*, *Yu-Gi-Oh*, or *Magic: The Gathering*, board games like *Ticket to Ride* and

Monopoly, or *Wii* fun like *bowling* or *Just Dance*, *Game On!* is for you. Bring a friend; bring your own gear, or use some of ours at this free event. The library has some board games and *Wii*. Please bring

your cards to get started.

Please note that bookdrops at all three branches of the library will be closed on the nights of October 30 and 31. Find out about programs, movies, horror stories

and more on the library website, www.fep.ca.

Amy Roebuck is the community services coordinator at the Fort Erie Public Library.

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Going over the edge to help those in need

Alison Langley
QMI Agency Niagara

It was a leap of faith for Leanna Villa.

"I have a huge fear of heights, so this was a real leap of faith for me," the Welland resident said.

Villella was one of 40 people

who rappelled 23 storeys down the side of the Marriott Gateway on the Falls on Saturday for the inaugural Over the Edge fundraising campaign.

"You lean back into air -- there's nothing but empty space -- with the Falls to your right and your friends below you and you pray everything is going to be

OK," she said.

The event benefited two local charities, Niagara Women's Addiction Recovery Mediation and Wells of Hope.

WARM provides personal support recovery programs designed for women and families with addiction issues.

After her dizzying descent,

Villella said she can now understand the fear that women must have who decide to take steps to treat their addictions and how it takes an incredible amount of bravery to come forward and put their trust in others.

"This event was all about trust," Villella said.

"You trust the wires will work. You trust the harness will work and you trust the people in front of you who have your life in their hands in the moment you go over."

Money raised will benefit WARM's capital fund to purchase a residential home for clients.

"We want to buy our own house so the women feel very safe," said the agency's executive director Rosella Born. "Right now, we're renting spots all over so it makes sense for us to buy a house."

Born came up with the idea of a rappelling event after watching a television news program that featured a Hamilton charity hosting its own Over the Edge event.

"I went online right away to get details," she said.

WARM now has the exclusive



ALISON LANGLEY QMI Agency Niagara

Over the Edge volunteers guide Rita Pupo down the Marriott Gateway on the Falls on Saturday for the inaugural Over the Edge fundraising campaign.

rights to Over the Edge events in Niagara Falls. Over the Edge is a nonprofit agency that sends participants who have raised pledges rappelling down an office building in support of other nonprofits.

"I think for our first time doing this it went extremely well," Born said.

Wells of Hope is a Niagara-based

organization that builds freshwater wells and schools in Guatemala.

"(We) are very excited about this new fundraising initiative that is both unique and symbolic," said Scott Maxwell, chairman of Wells of Hope.

"Rappelling over the side of a tall building requires a tremendous leap of faith. Getting out of your comfort zone to help others requires some of that same faith."

Money raised from the weekend event will support the digging of two wells in communities that "desperately require fresh drinking water," he said.

Maxwell and four members of the Wells of Hope board of the directors rappelled down the hotel on Saturday, including 78-year-old Ben Obdeyn.

A second Over the Edge event is planned for May.

alison.langley@ourmedia.ca

YARD SALE/BBQ



BBQ SPONSORED BY PEPP K9 AND COMPOSTEEL

BBQ sales and portion of yard sale split to Fort Erie SPCA

ITEMS FOR SALE

-FLORALS COMPLETED AND LOOSE

-TOLE PAINTING SUPPLIES INCLUDING PAINTABLE

PROJECTS AND BOOKS, PAINT

-ASIAN THEMED HOME DÉCOR

-CHAIRS, CABINETS

-FLOORING, WALLPAPER

-MILK CAN, STONE CROCK AND OTHER COLLECTIBLES

-GLASSWARE

-SALT AND PEPPER SHAKER COLLECTION

-VICTORIAN, BEVELLED MIRROR

October 25, 2014 10am-4pm

967 Helena St. (front), Fort Erie

PLEASE NO EARLYBIRDS-NEED TIME TO SET UP. RAIN OR SHINE.

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On October 27th, 2014



RE-ELECT

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COUNCILLOR WARD TWO

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STEPHEN PASSERO FOR MAYOR COMMITTED TO OUR COMMUNITY



"I am in tune and in touch with all major projects, policies, issues and stakeholders. I am prepared, capable, and current on where we are, where we need to go, and what we need to do to get there. My first year won't be spent getting up to speed, it will be focused on speeding things up. I will put every ounce of my energy, and every hour of my day in to taking our town forward. It would be an honour to serve my hometown - our community, as Mayor."

- ✓ Business Owner/Entrepreneur, experience in both the private and public sectors -- President of the Chamber of Commerce at age 30 and awarded the 40 Under Forty Business Achievement Award, recognizing business success coupled with community dedication.
- ✓ Will target investment opportunities that spur growth today and create the reserves we need to be prepared for growth opportunities tomorrow.
- ✓ Only mayoral candidate in the past decade that has had to balance the budget with no reliance on slot revenue. We need to move away from fiscal policies of the past, redefine the present, and set the foundation for the future.
- ✓ Will assist Councillors in achieving specific objectives for their neighbourhoods -- ensuring those objectives fit with the broader goals of the community. No one part should ever be viewed as larger than the whole.
- ✓ As Shorewalk Assoc. President, worked to reclaim and improve waterfront road allowances -- will develop a strategy so we are able to purchase key properties along the shoreline and provide additional waterfront access for everyone.
- ✓ As a Councillor, introduced a plan for 'Welcome to Fort Erie' highway signage welcoming visitors -- public consultation/design process scheduled to commence in 2015 with construction in 2016.
- ✓ Will create a Community Development Fund where a % of dollars from any new gaming initiatives are held in a reserve -- the principal amount remains with only the interest accrued being utilized. Maintains wealth for generations to come.
- ✓ Met with Provincial Cabinet Ministers on behalf of the Town to ensure that Fort Erie's interests are front and centre. Will continue dialogue with the province using a non-partisan stance to seek solutions on removing zoning regulations that are limiting the development of our industrial lands.
- ✓ Voted to fund ongoing recruitment of physicians/nurse practitioners to ensure a succession plan is in place due to the number of doctors approaching retirement -- will champion equitable access to health care services for our residents: lobbying for one of the Ministry approved new 24/7 Urgent Care Centres to be located in Fort Erie.

For detailed information on these items, and many more, please visit www.passerocampaign.com.



Caring for an important landmark



SARAH FERGUSON Fort Erie Times Mary McLelland-Papp, of the Fort Erie Historical Railway Association, says the CN6218 is the signature artifact at the Fort Erie Railroad Museum at 400 Central Ave in Fort Erie. The steam engine locomotive was built in 1942 and serves as a reminder of Fort Erie's railroad history when the community boasted the third largest rail yard in Canada. It was built for Canadian National Railways by Montreal Locomotive Works as part of Canadian National's war effort. It was uniquely constructed for war time service with speed for troop and passenger runs and power to haul equipment and freight. It was one of 203 great Northern type 4-8-4 engines built for CN and they represented the pinnacle of steam engineering and design. There are six such engines left in Canada today. In 1971, the Town of Fort Erie lobbied to bring the locomotive to town and care for it. The locomotive is in need of repair and the Railway Historical Museum is looking for volunteers and donations to assist in its refurbishment. For more information about how to get involved e-mail 6218@cogeco.ca.

RE-ELECT

John HillCouncillor - Ward 4
Ridgeway

As your councillor and with your continued support I will:

- ✓ Remain focused on keeping your taxes low as possible
- ✓ Maintain my support for improved roads and drainage
- ✓ Encourage conscientious development for economic growth and job creation
- ✓ Rebuild relationships with all levels of government



***Proven Track Record and dedicated to help
Ridgeway residents and businesses***

Election Day Monday - October 27, 2014 Ridgeway Legion (upstairs) 10:00am - 8:00pm

Fun with fish



SARAH FERGUSON Fort Erie Times

Business owner Lee Routhier is inviting elementary school students to visit her pet shop, Swimming Along Aquarium Supplies and Services, at 247 Ridge Rd. in Ridgeway to learn more about how to care for fish. The business owner says her passion was ignited when she was a youngster charged with the task of caring for a fish. She says having a fish can teach a child responsibility and that is why she wants to open her shop to children to teach them the basics about tending to the aquatic animal. For more information about workshops offered by Routhier, call her at 905-329-9447.

“Fort Erie’s profile “is just fine””

- Regional Councillor John Teal,
October 10th, 2014

“I didn’t see a lot of accomplishments
with this council,” -Regional Coun. Debbie
Zimmerman - St. Catharines Standard 09/12/14

John Teal by the numbers.

- 4- Number of years on Regional Council this term.
- 0- Number of Notice of Motion's he's brought forward during his term.
- 0- Number of Fort Erie infrastructure projects he's directly responsible for during his term.
- 4- Number of times he's voted against a Regional Transit System, a precursor to GO Trains.
- 53- Number of Regional council meetings attended out of 61.
- 30- Number of times he's left early, disappeared or not returned from break (Out of 53 meetings or 57% of the time)
- 70- The number of registered votes he's missed. (Out of 174 or 40% of every registered vote)
- 17- The average number of minutes he stays at Fort Erie Council



LISTEN • LEAD • DELIVER



VOTE SANDY ANNUNZIATA
for NIAGARA REGIONAL COUNCILLOR
on October 27th

The status quo is not “just fine”

“It’s time to get people talking about
Fort Erie again... for all the right reasons.”

**Vote for Growth, Jobs, Regional Transit
and Energized Leadership.**

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WE NEED A VOICE ELECT



GEORGE JARDINE

FOR
**Stevensville/
Black Creek
Ward #6**

OLG sends Niagara Falls \$5.3-million

Alison Langley
OMI Agency Niagara
Niagara Falls has received

\$5.3-million in non-tax gaming revenue from Ontario Lottery and Gaming.

The provincial Crown corporation announced Tuesday

It issued its second quarter (July to September 2014) payment of \$5,304,206 to the city for hosting Casino Niagara and Fallsview Casino Resort.

Since signing a new agreement with OLG last year, based on slot and table-game revenue, the city has received \$33.2-million in non-tax gaming revenue.

Under the previous agreement with the provincial Crown corporation, Niagara Falls received a fixed-rate of \$3 million a year in hosting fees.

Ontario Finance Minister Charles Sousa said OLG gaming sites generate "substantial" revenues to the benefit of their host communities and all Ontarians.

"Locally, municipalities are able to improve programs and infrastructure while additional revenues to the province are invested in important public services like health care and education," he said.

The payments are made under an equitable formula in the Municipality Contribution Agreement that determines the fee municipalities receive for hosting an OLG gaming facility and are based on an escalating scale of slot machine revenue that is consistent across all sites in Ontario.

At approximately \$2 billion annually, the OLG provides the Ontario government with its largest source of non-tax revenue.

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VOTE MICHAEL KAMATOVIC**Public
School
Board
Trustee****Open Letter To The Citizens of
Port Colborne & Fort Erie
IS YOUR VOICE HEARD???**

My name is Michael Kamatovic. I am running for public school board trustee for the DSRB.
The reason I am running is because many people have voiced displeasure with this school board and the decisions that have been made lately.

The community feels that there is a lack of communication, transparency and honesty.

Issues are not answered honestly but answered ambiguously.

Is Port Colborne High saved or saved for a future Accommodation Review looking to a North/South side???

Decisions are made FOR them not WITH them.

The Board asks for input but in reality it is not really wanted or listened to for the decisions have already been made.

Parents and community members are not happy. If they were they would not feel the need to start petitions or file a lawsuit against the board.

It is understood that sometimes difficult and unpopular decisions need to be made but only after all facts are laid out, and all options have been exhausted.

And never at the expense of the community or if it impedes the students' experience and success in obtaining a good education.

If elected, I assure you that your voice will be heard! I will be open and honest and work with you in representing the best interest of the community and our children.

As for any other information that the voters need in order to make an informed and wise decision or if you have any concerns you can contact me at mikemkamatovic@netnet.com or check out my Facebook page.

Thank you for your support



Michael Kamatovic

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Dr. Jillian Hartman-Grelowski

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**Elect Marina Butler
Ward 4****STRONG VOICE FOR POSITIVE CHANGE**

- Creating the right conditions to retain, create and attract full and part-time jobs to Fort Erie.
- Establishing a flexible transit system that will integrate services on a regional level.
- Improving services to seniors, families and children.
- Maintaining parks and green spaces for all to enjoy.
- Building relationships with both the provincial and federal governments.
- Resolving issues in a timely manner with an open-door policy.
- Encouraging dialogue and collaboration with constituents.
- Representation based on integrity and respect for all.

Our community deserves to have great opportunities. Together, we can break the status quo and move forward with meaningful change.



Email: marina.butler@outlook.com
www.marinabutlerward4.com

Marina Butler
Ward 4



Marina Butler
Ward 4

**YOUR VOTE, YOUR CHOICE...CONSIDER THIS**

Make the **right choice for mayor**. Choose the candidate who:



has a **proven record of leadership**, an **understanding** of our community and a **clear vision** for the future



has **served** Fort Erie for **over 35 years** - 9 of them **successfully** as your mayor



understands government, the importance of **teamwork** and is the last mayor to **balance the town's budget** WITHOUT slot revenue or raising taxes

☒ **VOTE**
Wayne

REDEKOP
Mayor



LET'S WORK TOGETHER!



[illegible]

VOTE



DEAN DEMIZIO

MOVING FORWARD WITH CONFIDENCE

MAYOR

ABOUT DEAN

Since moving to Fort Erie in 1994 and opening his business, Dean has been an active member of our community.

- Past President of the Greater Fort Erie Chamber of Commerce (led the fight to keep Fort Erie in Niagara Riding when Electoral Boundaries were reviewed in 2012.)
- Student Bursary Sponsor since 2009
- Past President of the Greater Fort Erie youth Soccer Club (Responsible for initiating lighting Project at Optimist Park)
- Coached local youth in Soccer for over a decade
- Sponsor since 1994. Currently Division Sponsor
- Past Vice-President and Campaign Chair United Way of Greater Fort Erie
- Ran for Town Council in 1997 (Ward 1)
- Past Board member of Fort Erie Multi-cultural Centre



Dean with Premier Wynne, January 2014

REBUILDING CONFIDENCE IN FORT ERIE

- Create jobs by attracting new investment
- Create a climate for commercial and economic growth
- Create a Centre of Excellence for Research & Development
- Insure that planned projects such as Canadian Motor Speedway, Niagara Parks Manna and development of land around Fort Erie Race Track are completed.

COLLABORATIVE SPIRIT ON TOWN COUNCIL

- Limit the number of closed-session council meetings
- Transparency for Town Council
- One Council - One Focus

TRANSPORTATION

- Make Fort Erie transit more inclusive by improving service to outlying areas thereby making it more accessible to our seniors and our youth
- Connect throughout Niagara Region on a more frequent basis
- Work with other Mayors to bring GO Transit to Niagara Region and GO bus service to Fort Erie.

HEALTH CARE

- Keep DMH open as a 24/7 Urgent Care Centre
- Lend full support to south Niagara Hospital
- Expand services within DMH



Dean with family, Friendship Festival 2014

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August 1, 2014

Canadian Motor Speedway endorses the Candidacy of Dean Demizio for Mayor of Fort Erie

"Through his role as the Greater Fort Erie Chamber of Commerce President, Dean Demizio has not only earned the respect of the business community, but has represented Fort Erie well with the Region of Niagara and Provincial leaders. We appreciate his character and values and believe that Dean can assist us in moving our development and the Town of Fort Erie forward into a new and successful era as Mayor."

Azhar Mohammed,
CMS Partner and Executive Director

www.facebook.com/deandemizioformayor

THE TOWN OF FORT ERIE

1 Municipal Centre Drive, Fort Erie, ON, L2A 2S6

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EMERGENCY TELEPHONE INFORMATION 905-871-1600

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PUBLIC NOTICE

**APPOINTMENTS TO
BRIDGEBOURNE BUSINESS IMPROVEMENT AREA BOARD OF MANAGEMENT;
CRYSTAL BEACH BUSINESS IMPROVEMENT AREA BOARD OF MANAGEMENT;
RIDGEMAN BUSINESS IMPROVEMENT AREA BOARD OF MANAGEMENT;
COMMITTEE OF ADJUSTMENT and
FORT ERIE PUBLIC LIBRARY BOARD**

Notice is hereby given that the undersigned will receive applications from residents, business owners/operators or taxpayers interested in serving on the above-referenced boards and committees of the Corporation of the Town of Fort Erie to which appointments are required concurrent with the term of Council being December 1, 2014 to November 30, 2016.

A call for applications for all of the Town's other boards and committees will be made in November for the term of February 1, 2016 to January 31, 2018.

For detailed information, there is an Information Sheet for each above-referenced board and committee and relevant by-laws available on the Town's website www.forterie.on.ca by clicking on "Town Hall" "C" "Committees" "Bridgebourne Business Improvement Area", "Crystal Beach Business Improvement Area", "Ridgeman Business Improvement Area", "Committee of Adjustment" and "Public Library Board".

Term: The term of the Town's three Business Improvement Areas Board of Management shall be concurrent with the term of Council as provided for under the Municipal Act (December 1, 2014 to November 30, 2016).

- (1) **BRIDGEBOURNE BUSINESS IMPROVEMENT AREA BOARD OF MANAGEMENT** - Six (6) directors selected by a vote of the membership of the BIA. A maximum of 20% of the Board may be non-members of the BIA, provided they are nominated by a member of the BIA, and one (1) Member of Council.

To improve, beautify and maintain municipally-owned lands, buildings and structures in the Bridgebourne Station Downtown B.I.A.; promote the area as a business or shopping area and maintain streetscape and downtown revitalization program.

Meetings: Once a month.

- (2) **CRYSTAL BEACH BUSINESS IMPROVEMENT AREA BOARD OF MANAGEMENT** - Six (6) directors selected by a vote of the membership of the BIA. A maximum of 20% of the Board may be non-members of the BIA, provided they are nominated by a member of the BIA, and one (1) Member of Council.

To improve, beautify and maintain municipally-owned lands, buildings and structures in the Crystal Beach B.I.A.; promote the area as a business or shopping area and maintain streetscape capital.

Meetings: Once a month.

- (3) **RIDGEMAN BUSINESS IMPROVEMENT AREA BOARD OF MANAGEMENT** - Six (6) directors selected by a vote of the membership of the BIA. A maximum of 20% of the Board may be non-members of the BIA, provided they are nominated by a member of the BIA, and one (1) Member of Council.

To improve, beautify and maintain municipally-owned lands, buildings and structures in the Ridgeman B.I.A.; promote the area as a business or shopping area and maintain streetscape and downtown revitalization program.

Meetings: Once a month.

- (4) **COMMITTEE OF ADJUSTMENT** - Seven (7) citizen appointees.

Term: The term of the Committee of Adjustment shall be concurrent with the term of Council as provided for under the Planning Act (December 1, 2014 to November 30, 2016).

To consider applications for minor variances from the Town's Zoning By-law and to consider applications for severance of land. Good representation with a variety of required skill sets including a good understanding of Provincial Planning Policies and of the Town of Fort Erie Official Plan and Zoning By-law.

Meetings: Every 3rd Thursday monthly for January, February, March, June, July, August, November, December; and Every 2nd and 4th Thursday monthly for April, May, September, October at 7:00 p.m. in Council Chambers.

Remuneration: Rate of remuneration is \$86.25 for the Chairman per meeting, \$70.10 for members per meeting; and a \$200.00 travel allowance per year. There is a 3 member meeting rotation.

- (5) **FORT ERIE PUBLIC LIBRARY BOARD** - Eight (8) citizen appointees, one (1) Member of Council and one (1) Alternate Member of Council.

Term: The term of the Fort Erie Public Library Board shall be concurrent with the term of Council as provided for under the Public Libraries Act (December 1, 2014 to November 30, 2018).

To govern the affairs of the Libraries including policy development, strategic planning and advocacy for the public library services in the Town of Fort Erie, all in accordance with the Public Libraries Act.

Qualifications: Town of Fort Erie resident, Canadian citizen and at least 18 years of age.

Meetings: 3rd Thursday monthly at 5:30 p.m. Fort Erie Public Library Board Room

Applications must be completed on the form available on the Town's website www.forterie.on.ca under Public Notices - Appointment to the three Business Improvement Areas Board of Management, Committee of Adjustment and Fort Erie Public Library Board or available in the Clerk's Office. Please state clearly your name, address, postal code, telephone number, e-mail address, choice of board and committee for consideration of appointment thereto and any other relevant background information, including experience and credentials, will be received by the undersigned up to and including Wednesday, October 29, 2014 at 5:00 p.m.

This information is being collected pursuant to the Municipal Freedom of Information and Protection of Privacy Act and will be used to select persons for appointments to Town of Fort Erie boards and committees.

Tom Mather, Interim Clerk
Town of Fort Erie, 1 Municipal Centre Drive, Fort Erie, Ontario L2A 2S6
Applications can also be Emailed to civilians@forterie.on.ca



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TENDER NO. ISE-14T-WATE13

WATERLOO STREET SANITARY SEWER REPLACEMENT

This work includes the replacement of approximately 430m of 625mm diameter sanitary sewer from Berlie Street to Catharine Street and approximately 50m of 225mm diameter sanitary sewer on Murray Street. Replacement will include maintenance holes and service lateral connections.

Sealed tenders addressed to Tom Mather, Interim Town Clerk will be received by the Customer Service Unit (CSU) at 1 Municipal Centre Drive, Fort Erie, Ontario until

2:00 p.m. LOCAL TIME on: FRIDAY, NOVEMBER 7th, 2014

All formal competitive bid opportunities are posted at www.biddinginfo.com/forterie and effective Friday, October 24th, 2014, tender documents can either be purchased from the Town Hall, Infrastructure Services upon payment of twenty-eight dollars and twenty-five cents, (\$28.25) or viewed at the Niagara Construction Association (CNRA) located at 314 South Street, St. Catharines, Ontario.

The Corporation reserves the right to reject any and all tenders and the lowest or any tender will not necessarily be accepted.

INFRASTRUCTURE SERVICES

REQUEST FOR QUOTATION ISO-14Q-RTREE6

The Corporation of the Town of Fort Erie is inviting submissions from interested bidders to provide any and all labour, materials and equipment necessary to provide:

TREE TRIMMING SERVICES - November 2014

Sealed submission clearly addressed to Purchasing will be received by the Customer Service Unit (CSU) at 1 Municipal Centre Drive, Fort Erie ON until 2:00 p.m. local time on Friday, November 7th, 2014

Interested bidders are asked to contact Sara Fox at (905) 871-1600 ext. 2321 or via email at sfox@forterie.on.ca to make suitable arrangements to pick up the quotation document.

The lowest of any submission not necessarily accepted
Infrastructure Services - Operations

Former Niagara police chief addresses crowd at leadership summit

Alison Langley
Special to The Times

Despite dissension among many rank and file members, Wendy Southall vowed to strike a formidable pose as the first female chief of the Niagara Regional Police.

"I put the organization first and, when criticized, I took the high road and did not respond personally," she said Saturday at the Niagara Leadership Summit for Women at Brock University.

"I was predicted to not last the year (as chief). I had numerous attempts to discredit me, not just professionally, but also personally, and there was always constant negative feedback."

Despite her struggles, Southall said she put in long hours and worked hard to earn the respect of service members.

"I displayed confidence and I encouraged confidence. I displayed pride and I encouraged pride. I insisted on honesty and integrity."

Southall was sworn in as the seventh chief of police for the NRP in 2004 after serving as the police force's chief administrator.

She said the animosity from some senior service members began after she named CAO in 2001.

The police services board and the police service were struggling for financial credibility at the time.

A decision was made to change the organizational make up of the service and move from two deputy chiefs to one deputy chief and a civilian CAO to oversee administration, particularly finance and human resources.

"I had very unhappy executive members," Southall recalled. "They were non-supportive and focussed on tradition."

"I struggled through my entire tenure as CAO but I came out determined and with strength which ultimately led me to the decision to apply for the chief's job," she told the audience.

She said her role as the police chief, while challenging, was also rewarding.

Serving as the chief of police was an absolutely "fantastic job," she said.

"I did love every day of it and I had wonderful people working for me. I hope that I left a legacy to the police organization but, more importantly, is the legacy I left to my family and friends."

She said the role of women in law enforcement has come a long way since she began her career in policing more than 40 years ago.

The Hamilton native became a cadet with the Toronto Police service in 1970.

"I left a quiet, sweet, naive young woman. My first few months on the job totally, totally robbed me of my self confidence. I quickly learned the true meaning of the word fear, embarrassment and, unfortunately, discrimination."

As a female police officer, she wasn't allowed to carry a gun.

The male officers wore complete police uniforms. Women wore skirts and carried their billy clubs in sensible purses.

Southall urged women in the audience to band together to support one another in whatever career paths they choose and to stay strong during times of adversity.

"Never give up and, most importantly, believe in yourself," she said. "Women are built to be strong leaders, in every possible way."

The Niagara Leadership Summit for Women, a joint initiative of the YWCA Niagara Region and Brock University, explored a variety of topics and included keynote presentations, a panel discussion and workshops.

"Our vision is that everyone, regardless of gender or economic status, should have the courage and confidence to be the leader they are and want to be in their community," said Elizabeth Zimmermann, YWCA executive director.

alison.langley@surmedia.ca



FILE PHOTO QMI Agency Niagara

File photo of former Niagara Regional Police chief Wendy Southall from 2012.

VOTE FOR CHANGE!

Elect Chris Knutt on October 27th

- Chris is an active volunteer in the community sitting on the historic Bridgeburg BIA and has previously served with the Ridgeway/Crystal Beach Kinsmen. He was born & raised in Fort Erie and is currently residing in Stevensville.



- Chris has a strong business background working for GE Capital, Staples and other fortune 500 companies. Chris has held several senior level positions. His work experience has been on an International level with projects in Europe, India, Central America, the Caribbean and North America. He has been involved in different facets of business, including business development, mergers and acquisitions, sales, operations and operational review for efficiency.

- "I strongly believe in Fort Erie. We need responsible government with a focus on growth, development of our assets and fostering a positive, cooperative town council."

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what's up Fort Erie!



Pamoja Presents

the
En-Kata Choir

HOPE^{of the} Maasai

**Bethel Pentecostal
Assembly**

Thursday October 30th
at 7:00 pm



All are welcome to the
En-kata Maasai Choir presentation on

Thursday, October 30 at Bethel Pentecostal

Assembly. This is a **FREE** event, part of the Why Such
Fear 2014 Tour of 6 Maasai singers from the Simanjiro region
of Tanzania, traveling across United States and Canada to share
their songs, testimonies and faith with you. Do not miss it!

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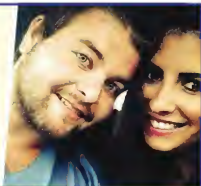
www.en-kata.com

STAG & DOE for Jesse Jukosky and Mia Potter

**SATURDAY
OCTOBER 25TH 2014
AT FORT ERIE GOLF CLUB**

Doors open at 7pm and
the party goes until 1am
Live band "The Beer Huts"
Door prizes, raffle draws,
buffet and much more!

\$5 at the door
Please join us for a night of fun
Costumes welcome Cheers



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The Downy woodpecker is a 'familiar sight' in Fort Erie

It's an active little bird, the Downy woodpecker.

It is a familiar sight at many of our Fort Erie bird feeders. I have seen them among flocks of chickadees and yes, even nuthatches. It apparently gets along with many birds its own size. However, the Blue Jay and other large birds will disperse them. We used suet in a wire mesh at the Sherston farm to attract this acrobatic forager. Its tappings with its sharp beak for insects in trees is commonly heard. It's not loud but very repetitive.

A small black-and-white woodpecker with the red patch on the back of its head it's at home on tiny branches or balancing on slender plant galls. Watch them fly.

Their rising-and-fall flight style is distinctive of many woodpeckers, I believe. Remember that its cousin, the Hairy woodpecker is a little larger. Try to tell the difference. It's not easy.

I recall some time ago Nancy Cook of Fort Erie who e-mailed me about sighting a Fox snake near St. Paul's church. It's a beautiful snake as I recall. It's indigenous to our area.

However, I have seen only a few. Once you have seen a Fox snake you won't forget it. Like the Black snake it grows to a great length up to 180 cm. That's almost six feet! The few I have seen were about half that length. There are large dark colourful blotches on its body. Unfortunately in Pennsylvania they resemble venomous Copperheads. I am told that Fox snakes can vibrate their tail when excited and that imitates the sign of a rattler. It is not venomous. It eats rats and mice and therefore is beneficial. It is protected by provincial law. Nan believes she would just have you look and leave it alone. I agree.

Rick Doan from Ridgeway came upon 12snakes on the Friendship Trail a few weeks ago. One was a dead

Milk snake run over by a vehicle. the others were Garter snakes or were they? Not so. Rick used a stick to move a larger one off the Trail. It responded. In lashing out at him. Rick took a movie of this angry serpent. He sent me the movie. I said garter snake. Not so. It was a DeKay



Earl Plato

snake or Brown snake.

Note: Ernie Giles has returned To Fort Erie. Ernie is one of the most knowledgeable naturalists I know. I told him about Rick's DeKay snake.

He said, "Strange. I grew up with the DeKay snakes. There were plen-

ty around as a child. I kept one in my pocket for days. We called them Brown snakes. I don't recall them being aggressive." Any one have some input? Call me 905 894-2417.

Earl Plato is a resident of Fort Erie and an author.



Downy woodpecker



Re-elect

John Teal

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Theatre Crisp and Current Swell return to Ridgeway

October, October, where are you going so fast?

Hard to believe we are only two months away from Christmas. Not at all ready for that.

For all of you who were busy on Oct. 17th, let me tell you this.

We had the pleasure to meet Lily Kershaw who was incredibly kind, sweet and bubbly and oh so approachable.

I cannot even begin to describe her voice. You really had to be there. She blew me away at sound check already. Her voice is beautiful recorded - no doubt - live it is even more breathtaking.

I know I sound like a groupie and I realize I am falling

desperately to find the right words to paint the picture her voice has left in me for you, just know this.

If you ever get the chance to see her live or even listen to her music online, go for it. Trust me.

Now, before you all run off to figure out your Halloween costumes, I would like to just quickly lead you through the rest of October and all of November.

I will get into details as the dates become closer. I just don't want you to miss anything. So here I go.

We are very pleased to be welcoming our friends from Theatre Crisp and Current Swell back to Ridgeway on Oct. 24.



Nadine Pizzicarola

The latter will be playing The Gasby Awards the night before, where they are nominated in two categories: Favorite new artist and favorite Beach Session. Hopefully, they win both.

They really deserve it. So please remember, the show is

on Friday, Oct. 24 and not on the 26.

Michael Bernard Fitzgerald who is describing himself as 'My name is Michael Bernard Fitzgerald. I sing and write songs.'

I am a dog man with a good plan and two hands" is performing on Nov. 8 at the Sanctuary - Centre for the Arts.

Truth being told, he has a unique voice and his performance is loaded with passion and life presenting each song like a personal gift to us. His singer/songwriter style is paired with hip- ho sounds showcasing an effortless and sense of humour. A born entertainer.

Quick confirmation. Yes, it

is true.

Hawkeley Workman will visit Ridgeway on Nov. 15.

I heard a lot of you are excited and so are we. Tickets are on sale and going fast. Next up are High on Nov. 28. Very obsessed with this band right now. You remember them opening for Hey Ocean, right?

We are getting you into the Christmas mood with "Christmas on Broadway" with international recording and performance artist Timothy Olan.

I will provide you with more information about all shows a little closer to their dates as promises to be active and

Two more things. Please show your support on Oct. 25

at the Party in Pink Zumba class at the Sanctuary from 9:45 a.m. to 1:45 a.m.

The raised money will go to local women fighting cancer. The Fort Erie Arts Council is holding the annual Red Ribbon art exhibit and gala at the Lion's Banquet Hall at the Town of Fort Erie Leisureplex on Nov. 8. This one will be a big one. 10 year Well done.

Please see our website www.theartsanctuaryarts.org for more info or like us on Facebook.

Got questions, suggestions or thoughts? Feel free to send us an email to theartsanctuaryarts@gmail.com.

Nadine Pizzicarola is a member of the Sanctuary Centre for the Arts.

From the gardener's journal: beauty in sustainability

What a wonderful week of catching up and cleaning up in the great outdoors and chatting with friends and neighbours as we seem to prepare for cooler times.

I have this debate with myself: I love spring and all the fresh growth...I love summer and the warmth and laid back atmosphere but I seem to be feeling refreshed in every autumn as harvest winds down and the wind

blows the cobwebs from my mind.

I have been looking at the idea of sustainable landscape. That means function, low maintenance and drought-tolerant growth. Add to this the ideas of blending vegetables and fruit in the growing season and I think we could have some unique designs.

I will be researching these ideas as the weather closes

in and I can no longer find excuses to be outdoors.

In many urban centers the idea of sustainable growth is becoming a necessity. Recalling our little apartment while I attended school in downtown Toronto, I was rather impressed with the "little urban" gardens on the balconies and the plant life inside each apartment in our circle of friends. It would seem that we have an inner

desire to connect with plant life even in small and not so natural environments.

As I work in many outside areas and focus on sustaining plants and growing seeds in the greenhouse, it seems a natural transition to combine beauty of eye with sustaining life.

I know you will share your thoughts and these concepts will enlarge. I'll pass along a few of my views and maybe

we can change just one habit or method and we can make a difference in sustaining life.

The first thought is the true grit of dirt and compost. As the weather cools, the soil continues to be active and so we can amend it in the autumn and it will continue to 'work away' as the season progresses. No harm to add fresh soil in places if you want. In almost every space we can work in a little compost. I have been using the worn and dry leaves of plants and spent blooms and a little dried out soil in an area that was pretty depleted. It has taken almost three years but these little additions have finally paid dividends this year. The area is very nice to work and plant in now. A small change in my habit of what I saved and what we let go and the change is noticeable in the growth of my plants.

In my mind is the marriage of function and beauty. Earlier in the spring we talked about the use of colour and I am a great fan of texture as well. I also love to combine heights and give the garden a look of layers from the smallest to the tallest. Even the herbs and vegetables can be worked into this scheme. I just tend to get those close to the stepping stones for ease of harvest.

Thirdly, there is the change in seasons to consider. That tamarack that looks so lovely in its green in the spring has a stunning appearance in the autumn with its feathery golden tones. That red twig dogwood will give life in

winter white. Those conifers lend strength and form and a touch of colour to the garden for the wee birds. I tend to bring in the hard scape with stones (or rocks I can barely lift) from our bush in the back yard. They are the low maintenance factor for sure! And a stopping place for seeds and sustenance for winged friends and those busy fur squirrels.

I am not the greatest fan of ornamental grasses but I know they function as food for many winged friends and in a limited use (just my view) can add an interesting impact in the garden. I have a good friend in London, Ontario that had me redesign her yard with as many ornamental grasses and varieties as we could find. I did persuade her to have a few low growing shrubs and perennials for visual impact, but truly when the garden was complete there was a restful atmosphere that came primarily from the grasses. That was an excellent growing experience for me.

So as we continue to clean up and sweep up and enjoy the lovely sunshine that comes our way, we can plan and grow in our views. Keeping our eyes (with protection) on the skies on Oct. 23, near sunset we may be able to see a partial solar eclipse maybe one more harvest moon after that.

Until next week, enjoy the views, the season and the sharing, caring community and keep growing. *Ruth Veld Marie is a member of the Fort Erie Horticulture Society.*

Re-elect

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DONE ✓
DONE ✓
DONE ✓
DONE ✓
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Vote for DON LUBBERTS - October 27th

He'll listen to your concerns and fight for what's right!

Pony rescue offers ghoulishly good time

The Last Chance Horse and Pony Rescue is hosting a Spooky Hollow Craft Show this weekend.

The event will be held from 9 a.m. to 5 p.m. at the horse Sanctuary at 4269 Rebock Rd. in Crystal Beach.

The open house includes a barbecue, penny sale, crafters, face painting, bake sale, pony rides, hay maze, glitter tattoos, and a costume contest.

For more information call Sharon Horse and Pony Rescue, call Sharon Allen at 905-894-9282.

Halloween Spooktacular

Therapy and Alternatives for Special Children and Adults with Disabilities is hosting its annual Halloween Spooktacular on Friday, Oct. 31.

The event will be held from 8 p.m. to midnight at Crystal Ridge Community Centre, 99 Ridge Rd. S in Ridgeway.

Have fun with at this charity party with members of TASC Niagara's music and drama program.

The event is for all-ages and features raffles, games, prizes for costumes, snacks, cash bar and music until midnight. Tickets are only \$10 per person and children under 12 are free.

Tickets are available at Boggio & Edwards Ridgeway, Tech Services Fort Erie, or by calling 905-894-1768.

Firefighters offer thrills and scares in Crystal Beach

Station 6 firefighters are offering thrills and scares at the Crystal Beach family's annual haunted house on Thursday, Oct. 30.

The fire station will be open to the public from 5:30 p.m. to 9 p.m. and everyone is invited to attend.

Donations of non-perishable food items will be accepted and donated to the food banks of Fort Erie.

Optimist Halloween party

The Fort Erie Optimists will be holding their annual Children's Halloween Party on Saturday, Oct. 25.

The party features treats and fun for the kids beginning at noon. This year's party is to be held at the Leisureplex, 3 Municipal Centre Dr. in Fort Erie.



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Racing figures moving in right direction

Allison Langley
OMI Agency Niagara

Officials at the Fort Erie
Race Track say the 2014 rac-

ing season was a success.

"In light of the uncertainty concerning the 2014 (racing season) and some unfortunate bad weather conditions, I was very encouraged with the results of this meeting and I look forward to building on this success over the next 4 years," said Rick Cowan, chief operating officer of the Fort Erie Live Racing Consortium.

The total handle per race increased by 2% over the 2013 figures.

Overall, food and beverage figures as well as programs sales showed an attendance increase of 5%.

Attendance at the 79th running of the Prince of Wales, Canada's second jewel in the Triple Crown, was up by more than 1,000 people from last year.

Coltius Prime, who shipped in to stable and train at Fort Erie with a little over one week to go before the event, worked in front of a Twilight Tuesday crowd to simulate the conditions of the actual race.

Owned by the Cabernet Stables, Coltius Prime took the \$500,000 race.

For the first time, TSN broadcast the Prince of Wales as part of an hour-long program that highlighted the history of the track and its struggles.

The top jockey at the historic border oval for 2014, the second year in a row was Kirk Johnson with 42 wins. Johnson was the go-to rider for the meets leading trainer John Simms who tallied 24 wins, including four victories with the filly Sandy's Hurricane who took home top honours as the Port's Horse of the Year.

The leading owner for the meet was Colebrook Farms whose horses are trained by Woodbine based conditioner Ashlee Brnjas for her father, John. Colebrook Farms celebrated 12 wins from 33 starters.

Jeff Leal, minister of agriculture, food and rural affairs, announced in late September the Fort Erie Race Track will host a minimum of 37 race days in 2015.

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Men take walk a mile in their shoes

Grant Lafleche
QMI Agency Niagara

By the time he neared the end of his mile-long walk Saturday morning, Rich Landriault wasn't sure he was going to make it.

It wasn't just that his feet hurt. Every muscle in his body ached.

"Everything hurts," the Hamilton man said, moments after finishing his tour around the Pen Centre shopping mall as part of the Walk a Mile in Her Shoes event to support Gillian's Place women's shelter.

"That was so much more difficult than I expected. It's like a workout."

Landriault came to St. Catharines to join the team of walkers put together by Tory Gillespie of Thorold, to raise money for the shelter.

Gillespie said he formed his group, called Judy's Gentlemen, for Walk a Mile in Her Shoes because a close relative had been a victim of domestic abuse and supporting the shelter was a way to show solidarity with her.

Judy's Gentlemen, along with a host of other teams and individual men who donned high heels to march around the mall, raised more than \$86,000 for the shelter.

Nicole Regehr, community development manager for Gillian's Place, said the money will allow the shelter to keep operating. The facility is only 80% funded by government sources, leaving it to raise the remaining 20%.

However, Gillian's Place is in the midst of a five-year funding freeze, making the Walk a Mile event -- its largest fundraising effort -- all the more important.

"Costs keep going up for everything. So this is absolutely vital. When someone comes to the shelter and hits a light switch, the lights have to come on," she said.

"We have to feed 30-plus women and children every day. So we have to include this fundraiser money in our budget. Without it, we couldn't operate."

The total for Saturday's event was down from last year's \$125,000, but Regehr said 2013 may have been an



GRANT LAFLECHE QMI Agency Niagara

The annual Walk a Mile in Her Shoes fundraiser for Gillian's Place got underway at the Pen Centre on Saturday, October 18, 2013. Men and boys strapped on wedges, pumps and sandals to walk a mile through the Pen Centre in support of the women's shelter. This year they raised \$125,000.

anomaly.

"We were aiming for \$120,000, but it may be that we blew the roof off it last year, and it is difficult to reproduce that every year," she said. "The \$86,000 is in line with what we raised in 2012."

The 40-member team from TD Canada Trust raised the most money of any team, bringing in more than \$30,000.

The St. Catharines Standard team was a distant second with more than \$5,000, most of which

was raised by publisher Mark Cressman, who raised the most of any individual who took part.

Event emcee and radio personality Tim Denis said the unfortunate reality is that Walk a Mile is such a necessary charity, but that the ongoing support for the event is heartening.

"Your support means a woman in crisis will have a place to turn to if she needs it," he said. "And your being here is saying to them that they are not alone."

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An OPEN LETTER to the Residents of Ward 6

On October 27, I ask for your vote in representing you on our municipal council. I am committed to getting to know my neighbours and voicing our concerns and moving our community forward on a true path of our wishes.

Strong schools and mentoring will make our children productive members of society. Health care and homes for our seniors will allow them to remain in the community they love. Employment opportunities and entertainment will keep our young families right here.

I have a background in the Canadian Armed Forces, Nursing, Custom Brokerage Industry and I am presently a small business owner. I can draw on my various experiences to represent all residents. You deserve better. Use your vote as your voice and let your new council know that you welcome development and we must move forward!

I am asking you to support me, Your full time candidate who will take action for the needs of the many and not just the wants of the few.

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A salute to the Crystal Beach community



FILE PHOTO Fort Erie Times Businesses and residents produced displays of flower-laden bikes on the many streets of Crystal Beach. The project was initiated by the Crystal Beach Communities in Bloom Beautification Committee and began with 25 bikes on the main streets. The project won first place in the Fort Erie Communities in Bloom competition. The committee was also awarded best Floral Display. From left, are committee members David and Vivian Sheridan, Carl Uloth, Lois Wilson, and Winnie Swalm.

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Emissions up slightly at Niagara chemical plants

➤ Chemical emissions at seven plants increased by .3%

“Emissions were up slightly because production was up.”

Want more information?

Niagara Community Awareness and Emergency Response (CAER) group of chemical companies:
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• n Cytec Canada Inc.
• Durez Canada Company Ltd.
• Kemira Chemicals Canada Inc.

• Mancuso Chemicals Ltd.
• Oxy Vinyls Canada Co.
• Photoch Environmental Solutions

For more information, the full report will be posted online at www.niagara-caer.com.

Allison Langley
QMI Agency Niagara

— Peter Collee
Coordinator of Niagara Community Awareness Emergency Group

Chemical emissions from Niagara chemical plants rose slightly in 2013 compared to the previous year, according to a report by a local consortium.

Overall, chemical emissions at seven plants increased by .3%.

“Emissions were up slightly because production was up,” said Peter Collee, co-ordinator of the Niagara Community Awareness Emergency Response Group.

This is the 21st year CAER made its emission and waste data, referred to as the National Emissions Reduction Master plan, available to the public.

According to the report, the emissions increase came at a time when production levels actually rose by 18%.

Collee said member plants are doing a good job at controlling emissions.

“Production was up 18%,” he explained. “If they weren’t doing a good job, the emissions would have gone up the same amount.”

Despite the overall increase in emissions, the ratio of chemical emissions per kilogram of production dropped by about 14% from 2012.

“There is a continuous downward trend of emissions per kilogram of production,” he said.

“And, combustion emission levels per kilogram of production continue to drop.”

While there was a 3% increase in chemical wastes in 2013, Collee explained, chemical wastes were sometimes accumulated over time and then sent for treatment.

Also, greenhouse gases per kilogram of production were reduced by 19% from 2012.

Combustion emissions, which are tied directly to production levels and heating requirements, decreased by 3% from the previous year despite higher production levels.

The report includes a list of 19 chemicals emitted by the companies into local waters and air including nitrogenous material, ammonia and nitrate iron.

The seven companies in CAER’s group are Chemtrade Logistics Inc. Cytec Canada Inc., Durez Canada Company Ltd., Kemira Chemicals Canada Inc., Mancuso Chemicals Ltd., Oxy Vinyls Canada Co., and Photoch Environmental Solutions.

In 2013, the seven companies employed 369 people and had a combined payroll of more than \$33 million, with sales of over \$447 million.

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NICOLE LUNDRIGAN Special to The Times

Nicole Lundrigan will share her book, *The Widow Tree*, at the Ridgeway Reads Literary Society's fall reading series on Friday at 7 p.m. at Ridgeway-Crystal Beach High School.

Author shares 'a literary mystery' at reading series

Stephanie Azevedo

Special to The Times

Nicole Lundrigan will share her fifth book, *The Widow Tree*, at the Ridgeway Reads Literary Series on Oct. 24 at 7 p.m. at Ridgeway-Crystal Beach High School.

Lundrigan classifies the story "a sort of literary mystery."

"It's essentially the story of three teenagers that find something extremely valuable and they decided to keep it. The consequences of that decision are disastrous. One of the children goes missing. ... It's a story of the missing boy's best friend and the missing boys mother."

"The inspiration for the

story came from my father-in-law and his wonderful stories about his youth. Well, some of them weren't so wonderful, some of them were quite scary ... but they were different to me ... but they grew up in Canada."

"My first four books were set in Newfoundland, and I wanted to try something different. My father in law and husband are from Yugoslavia."

"The inspiration came from one of her father-in-law's stories in particular. 'His uncle had been in a government field picking corn. He drove a stick into the soil in order to hang up his lunch bag, and the stick struck something. ... When he dug it out it was a clay pot filled

with roman coins, and he kept them. My father-in-law told me how dangerous it was. ... If his uncle was caught 'stealing from his country, the repercussions would have been very serious. ... It got me thinking, 'what if some teenagers kept the coins?'"

Lundrigan had some problems to work out when tackling a story about former Yugoslavia. "The country no longer really exists, so I haven't had the chance to visit there. I had to do a bit of research to do."

"It was extremely challenging. I grew up in Newfoundland and I was familiar with the culture and they way they speak, the dynamic of that province

but this ... it was very daunting, and more than once I asked 'What am I doing?'"

Yet she was encouraged by the people she shared the story with that it was an accurate depiction of the country. "It's one of the first times I really had to rely on a lot of people for their feedback."

"My husband's cousin was quite instrumental. She told me about all the tiny details that went into the book."

They'd do exercises where they'd walk through a scene bit by bit. "What does the front of the house look like? Let's walk through the door, what do the walls look like, what do the floors look like? She filled in so many of the

blanks for me, visually."

"I think with my fourth book I had intended to write a mystery, but I think *The Widow Tree* is more of a cohesive mystery than *Glass Boys* was."

The book took Lundrigan about two years to write.

Lundrigan's characters come from different sources, some real and some fictional. "The Glitta character I just kept thinking about her and her experience and what her life was like. ... The grandmother in the story, my husband told me a lot about his grandmother, and that's where the inspiration for that character came from."

"They feel very real to me. It feels like I'm telling an actual person's story."

"I have three children and do a lot of cleaning, that's when I do a lot of thinking about my writing," Lundrigan says.

"I never consider an outside reader. I am the original reader. I need to find what captivates me." As she takes care of her children through the day, she writes at night. "About nine or ten o'clock. I would have to write something that would keep me awake, otherwise, I'd just be too tired."

Tickets are \$5 at the door or \$25 to become a member of the Ridgeway Reads Literary Society. More information about the reading series and upcoming events can be found at www.ridgewayreads.com.



Joyce Honsberger at her studio, Windpoppy, located at Arts Place Art Gallery in Port Colborne at 714 King St.

ANNIE PASQUARIELLO Special to The Times

Mixed media artist featured in South Niagara Artists fall studio tour

Annie Pasquariello
Special to The Times

Sometimes outsiders of a small town and even its own citizens are under the assumption that there is no art or culture to offer the community. The notion has

always been you need to travel somewhere to experience it. This simply is not true as we have first-class artists right in our own backyards.

South Niagara Artists will be showcasing nine local artists in their upcoming Fall 2014 Studio Tour scheduled for Nov.1 and Nov.2. This self-guided tour allows the public to visit with the artists of Niagara's South Coast and explore where they live, teach and create. The event also includes the small-town price of free admission while enjoying the scenery of Niagara's South Coast of Port Colborne, Riddellway-Crystal Beach-Fort Erie areas.

Joyce Honsberger is a mixed media artist whose art will be part of the upcoming tour. Her studio The Windpoppy is located at Arts Place Gallery—a collective she founded—in Port Colborne full of colour and vibrancy.

For 23 years, Honsberger has been the gallery co-ordinator for Arts Place and although she says she feels the art world is more dispersed now and people cannot just spontaneously purchase a piece of art like they may have in the past, she is happy knowing that people have not lost interest in art.

"People are taking the time to support the gallery. This is an important presence in the community and everyone involved appreciates what we do," she says.

The upcoming tour gives artists the chance to showcase their work and it is also a great experience for anyone looking for something different to do on their weekend.

"We are welcoming people to come and enjoy themselves and celebrate the creative spirit. This is what the tour is all about," Honsberger says. "Art feeds the soul."

Honsberger's studio is bursting with colour from her 3-D sculptures to her painted artwork. It is evident the amount of work that goes into each piece that she admits is quite an involved process. Each piece she creates involves shaping the rods, to making and dipping the paper fibres.

She says she started doing this type of art somewhat by chance and some by interest in 3-D.

"Everything fell into place. This is my medium and how I utilized it."

It is clear art is an important part of Honsberger's life and wants everyone to experience that same joy.

"We are all creative. Who is to say what art is? If you like to cook, make music, write, enjoy fashion, all of these things take you out of the moment," she says. "Art has a healing, empowering affect on people. Sometimes we cannot emotionally evoke what we want to say, but we can put it out there with art."

For more information on South Niagara Artists or the artists involved in Fall Studio Tour, contact southniagarartists@gmail.com or visit www.southniagarartists.ca.

Arts Place Art Gallery is open from Thursday to Sunday from noon to 5:30 or by appointment and is located at 714 King St. in Port Colborne.

PUBLIC NOTICE

**Road Rehabilitation
Regional Road 1 (Dominion Road)
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**TEMPORARY ROAD CLOSURE
(October 24, 2014)**

Motorists and the general public are hereby advised that Regional Road 1 (Dominion Road) will be temporarily closed to through traffic on a block by block basis from 7 a.m. to 7 p.m., weather permitting.

The road closure is necessary to pave the road surface on Regional Road 1 (Dominion Road) between Kraft Road and Fairview Road.

The posted detour route for the closure is Buffalo Road/Garrison Road/Kraft Road.

Any inquiries concerning this project may be directed to Niagara Region Dispatch at 905-984-3690 or John Rizzo, C.E.T., Project Manager Transportation Engineering, at 905-685-1571 ext. 3646.

Your co-operation and patience during this period of inconvenience will be appreciated.

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➤ Salvation Army assists public with organic, fresh produce through community garden

Annie Pasquariello
Special to The Times

Imagine having fresh, organic produce right at your fingertips – no matter what your budget is.

The Salvation Army has been helping the community doing just that with Sally's Garden. Established in 2011, the garden has provided fresh food to many people in the community as well as a place for people who simply enjoy gardening.

Last Tuesday evening, the Salvation Army in partnership with Greening Niagara hosted an information night about Sally's Garden to inform the community about the initiative and listened to feedback to help for the next season.

Anne Watters, community and family services worker with the Salvation Army says the past year has been a challenge and a learning year for everyone involved.

"The meeting was to determine the needs of those in the community and why the garden hasn't been as well utilized as it could be."

Sally's Garden is a community garden with 12 plots and is open to everyone in the community, not just Salvation Army clients. With help from Niagara Prosperity Initiative, seeds and fill flats have been donated and it is only the person's responsibility to maintain the garden throughout the season. With any community garden you grow what you need and donate what you can afford.

Watters says the meet-



Fresh vegetables grown at Sally's Garden at The Salvation Army located at 255 Gilmore Rd.

ANNIE PASQUARIELLO Special to The Times

ing was positive.

"It was invigorating to see the range of people that came to the meeting, all of whom were professional getting the gardens up and running with great ideas."

One of those ideas is to form a community gardens' committee for those with community gardens to work together instead of independently. This change will also benefit Fort Erie's Food Security Network which is made up of local growers, community members, staff members of local food banks, teachers, nurses, health promoters, community health workers, public health nurses and dietitians all who want to improve food security for the citizens of Fort Erie.

Having always gardened, Watters says gardening can be therapeutic

for many reasons even by organisms in the soil that are beneficial for good health, to knowing where your food is coming from without pesticides as Sally's Garden is an all organic garden.

The Salvation Army has also offered canning workshops for ways to utilize crops from the garden and they can also offer suggestions on what to grow, but the Watters says the best thing to grow is what you like to eat.

Next April is about the time that the gardens start up again. The next community garden committee meeting is set for January 2015.

For more information about how to get involved with Sally's Garden call Anne Watters at 905-871-1592 ext. 22. The Salvation Army is located at 255 Gilmore Rd.

New
Time

Wainfleet Household Hazardous Waste Day

Saturday, Oct. 25, 8 a.m. - 12 p.m.
Wainfleet Arena (parking lot)
Park Street, Wainfleet

This event is open to all Niagara region residents. No commercial, institutional or industrial waste is accepted.

Gasoline will not be decanted at the depot. The container and the contents will be taken for safe disposal.

Please refer to www.niagararegion.ca/waste for a full list of acceptable materials and packaging and handling requirements.

All material that is brought to the event is recycled, reused or disposed of in a safe and proper manner.

Waste Info-line: 905-356-4141
Toll-free: 1-800-594-5542

Niagara  Region

Space provided through a partnership between industry and Ontario municipalities to support waste diversion programs.

The Wainfleet Lion's Club will also be holding its annual food collection drive for area food banks.

Examples of Acceptable Household Hazardous Waste (HHW)

- Aerosol cans
- Batteries
- Cleaners
- Gasoline
- Lawn care products
- Motor oil
- Pool chemicals
- Paint
- Propane tanks
- Solvents
- Sharps (Syringes)

Unacceptable Materials

- Ammunition
- Ballasts
- Commercial or Industrial waste
- Explosives
- Electronics
- PCBs
- Pathological waste
- Smoke detectors
- Radioactive Waste

Friends, family host fundraiser for resident diagnosed with Lyme disease

Sarah Ferguson
Fort Erie Times

When Amanda Wilson saw the bite on her arm last year, it looked like a bull's eye.

Wilson didn't think much about it. She thought it was just an insect bite.

It wasn't until Wilson attended the races at Merrittville Speedway with her family one summer's night that she became concerned about the bite.

"The EMS worker standing by the snack bar said 'You better get that checked out.' He was concerned it was something serious."

It was a tick bite. And the tick that bit Wilson was infected with Lyme Disease.

It took many months, and two negative tests before Wilson tested positive with Lyme Disease, a neurological condition caused by bacteria from a tick bite.

"I had two tests done in Canada that came back negative before I sent away for a western blot test in the U.S."

The diagnosis was difficult for Wilson and her family to believe. It was a life altering diagnosis.

"I have problems with my vision and my equilibrium," Wilson said. "I went back and fourth to specialists. I had a stiff neck and I was doing massage. But nothing I did was working."

Wilson no longer drives a car, and spends much of her days in bed because of pain. She adheres to a strict diet free from alcohol, caffeine, sugar, and gluten and takes six medications three times a day and 14 supplements at mealtime.

Wilson said Lyme disease is difficult to diagnose

Who: Friends and family of Fort Erie resident Amanda Wilson

What: Host Let's Fight Lyme Disease Together

When: Saturday, Oct. 25 from 7 p.m. to 1 a.m.

Where: Ridgeway Legion, 228 Southmill St., in Ridgeway

Why: To raise awareness for Lyme Disease and raise funds to help Wilson pay for treatment

because its symptoms aren't specific and are often found in other conditions.

In some cases, Lyme Disease can co-exist with other diseases.

Before she tested positive for Lyme Disease, Wilson was diagnosed with chronic fatigue and fibromyalgia. She said doctors also thought she could be suffering from Amyotrophic lateral sclerosis, or multiple sclerosis.

When Wilson was finally diagnosed, she was planning her 40th birthday party with her husband, Jeff.

"We were planning to go away on vacation to celebrate," Wilson said about making plans for her husband's birthday.

"I've been told I won't be traveling anywhere for a long time."

Wilson was also diagnosed with a brain tumor and required emergency brain surgery in Toronto this year.

She said she believes having Lyme Disease may be related to her cancer.



SARAH FERGUSON Fort Erie Times

Fort Erie resident Amanda Wilson has been diagnosed with Lyme Disease and her friends are organizing a fundraiser for her on Oct. 25, at the Royal Canadian Legion Branch 230, in Ridgeway. Beside her, is Amanda's husband, Jeff Wilson.

Due to her health concerns, Wilson has put her job on hold and has emptied her savings paying for treatment.

Wilson said her treatment is ongoing and costs on average between \$2,000 to \$2,500 per week. Although a diagnosis has finally given Wilson some relief, she and her family are faced with the challenge of seeking treatment for her Lyme Disease

in the U.S. because the disease isn't officially recognized in Canada.

Wilson's family and friends are hosting a fundraiser for her on Oct. 25 at the Royal Canadian Legion, 228 Southmill St. in Ridgeway.

Wilson said she is grateful for her loved ones, who want to help raise funds for her treatment.

"Jeff and I don't like to ask

for charity, but we have nothing else."

Let's Fight Lyme Disease will run from 7 p.m. to 1 a.m. and tickets are \$5 per person.

The fundraiser will feature food, prizes, 50/50 draws and music.

Wilson is hoping the public will learn more about Lyme Disease and her friends are using the fundraiser to spread awareness.

"We'll have an information booth there to educate people," Wilson said.

"Lyme Disease affects every part of your body and it can lay dormant forever until it finally decides to unleash itself."

For more information on how to support Wilson, call Kelly Rotundo at 905-894-6821 or visit online at www.yourcaring.com.

sarah.ferguson@sunmedia.ca

Veteran Profiles are FREE for all Veterans
Deadline: Monday, October 31st

Remembrance Day feature

Thursday, November 6th and Saturday November 8th

The feature will focus on local individuals who served in the wars as well as peacekeeping missions around the world. The veteran profile will include their photo, name and the service they were a member of. Please note that veterans profiled in last year's section MUST be re-ordered for inclusion in this year's section. Veterans from last year's section may simply call 905-871-3100 ext 202 or email myra.robertson@sunmedia.ca

We ask that readers submit a photo with name and the service they were a member of. Please drop off or email information to: **The Fort Erie Times, 338 Central Ave., Fort Erie, Hours Mon - Fri 9am - 5pm.** Email your photo's to: myra.robertson@sunmedia.ca. Deadline for submissions is Friday, October 31st, 2014.

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Breast cancer survivor shares her story

Sarah Ferguson
Fort Erie Times

When you are diagnosed with the 'C' word, it is frightening to hear it.

When Nancy Ryan was diagnosed with breast cancer at the age of 42, she says she was afraid for her life. After undergoing a mammogram, a lumpectomy, a mastectomy, and seven months of chemo treatments, Ryan was given a clean bill of health.

Ryan will celebrate 20 years of being cancer free next May. Although she is healthy, Ryan hasn't forgotten her journey to rid herself of cancer. The possibility of cancer remains in the back of her mind.

But Ryan has taken a dark time in her life and turned it into a way to help other women. She participates in the Relay For Life that is held each year on Pride Field at Ridgeway-Crystal Beach High School.

I walk the survivor's walk each year and I am proud to be a survivor."

Ryan is a volunteer for the Cancer Connection, a free peer support service that connects people living with cancer and caregivers with cancer survivors.

Anger, helplessness and fear are all emotions that cancer patients feel while undergoing treatment. Ryan said she is able to provide emotional support to cancer patients during some of their darkest times.

"It's true that until you have walked in those shoes, you don't know how that person feels," she says.

"I tell my story to others with cancer because having cancer doesn't necessarily mean a death sentence.

That's what it used to be."

Ryan sat down with the Fort Erie Times to share her journey to become cancer free.

Question: When were you diagnosed with breast cancer?

Answer: It was in May of 1975. I literally did a self-breast exam in the shower and I had a house full of company coming over. When I got out of the shower and I looked up, I saw a shadow in the mirror. I looked down and I saw the shadow was coming from me.

Q: What did it look like?

A: It was sunken in, like the breast was being pulled from the inside. It's kind of like an orange with a dimple in it. It wasn't there the night before—it literally happened over night. It was the May 2-4 weekend so I couldn't get in to see a doctor until Tuesday. It was the longest weekend of my life.

Q: What stage of cancer did you have?

A: I was stage two and the cancer cells had moved from the primary spot and into my lymph nodes.

Q: When you were diagnosed, what was your first thought about having cancer?

A: It was so very scary. At the time, I had a 12 year-old child and a 14 year-old teen at home. My first thought was I wanted to see them grow up. I wanted to get better and my primary goal was to be there for my family.

Q: What goes through the mind of someone who is dealing with cancer?



Cancer survivor Nancy Ryan, participated in the Relay For Life event held last year at Ridgeway-Crystal Beach High School with her niece Lynetta Lawes

A: The fear of mortality. At: As Even 20 years ago, the big 'C' word was a scary word. The drugs I took were new at the time. I had a cocktail of three different drugs and I was told taking them would increase my chance of survival by 10%. I thought to myself, that's 10% more than I had a minute ago.

Q: Why did you only have one breast removed? Weren't you concerned about having cancer in your other breast?

A: I'm not immune to cancer. I could get it in my top, or my other breast. It's always in the back of my mind. But I wasn't considered a high risk for being

diagnosed with it again. There was never anyone in my family. None of my aunts, or my mother was diagnosed with breast cancer.

Q: If breast cancer hadn't impacted your family before, why did you do regular self-breast exams?

A: I'm not entirely sure. I think I did it because I believe you have to be your own advocate for your body. You have to learn about your own body and notice any of the changes that happen. My changes came up over night and it was bizarre the way it happened.

Q: How did your battle with

cancer affect you as a woman?

A: The prosthesis. Every time I put it in my bra it feels like a knife cutting through me. But it quickly dissipates.

Q: How did you move past the pain of losing your breast?

A: It's surprising how many people ask that question. My breast did not define me as a woman. I'm lucky because I have a very supportive husband and that was a plus. It doesn't matter that I lost my breast. Society is focused on body image. But when you wear a prosthetic (breast) like I do, people don't even know it's

there.

Q: Why is it important for you to continue to share your survival story two decades later?

A: When I was diagnosed, cancer was something that people didn't talk about it but it was so prevalent. Without research, I wouldn't have had the treatments that I took. I might have died—I might have become that statistic.

For more information about the Cancer Connection visit online at www.cancerconnection.ca or call 1-888-939-3333.

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Mixing new and traditional medicine

Annie Pasquariello
Fort Erie Times

Western medicine verses eastern medicine—The two worlds seem to be coming closer as more and more people are exploring alternative medicine.

Not only are Ontario citizens exploring alternatives such as acupuncture, so is the government and insurance companies. As of April 2013, insurance companies now recognize registered acupuncturists under certain plans the same way massage therapists are.

This new legislation can only protect the public according to Al Kwan, registered acupuncturist and registered traditional Chinese medicine practitioner. Kwan has been lobbying the provincial government to recognize acupuncturists as health care providers and says he is "glad politicians opened up their minds."

People in Fort Erie will also have the opportunity to see Kwan at Nino D'Ambra Hair and Aesthetics, Maria Costa, part owner of the salon says they wanted to have someone complement their services. "We all work great as a team and educate both our clients in the services we all provide. It is both beneficial to Al Kwan and Nino D'Ambra salon," she says.

A third generation acupuncturist and traditional Chinese medical practitioner, Kwan says his mission is to bridge the gap between what he practices and what is considered the norm in Ontario. Practicing at four different locations (Toronto, Beamsville, Haliburton, Fort

Erie) he can bring awareness and as he says benefit as many Ontarians as possible.

"People are more holistic these days. Many drugs have side effects," he says. "Acupuncture is the champion of therapies. It's the fountain of youth."

Acupuncture is a technique in which practitioners stimulate specific points on the body, most often by inserting thin needles through the skin.

This technique can help alleviate muscle pain, rheumatoid arthritis, phantom pain, insomnia, migraines, diabetes and even help to quit smoking. Kwan says anyone from RCMP officers to anyone with a high-stress job can benefit from acupuncture. He has treated people who have been paralyzed due to stroke, to people who suffer from post traumatic stress disorder.

Kwan says he has been inspired to help people since he was a little boy in Hong Kong watching his parents do the same. He has carried on the tradition and even the name of his Toronto office is after his late father who was a founding member of the Canadian Society of Chinese Medicine and Acupuncture.

Kwan started at the salon in September and says the community has been very receptive. "Sometimes small communities are more open-minded and I have been well received."

The thought of needles for some people is terrifying, but Kwan says he will first make his patient feel at ease. "I explain how the needles work and how tiny they are. I guide my patients through



ANNIE PASQUARIELLO
Specialist To The Times

Al Kwan, registered acupuncturist and traditional Chinese medicine practitioner, at Nino D'Ambra Hair and Aesthetics located at 231 Garrison Rd., in Fort Erie with needles he uses in his acupuncture therapies.

the process," he says. "I have patients as young as 10 months old, to as old as 96."

Kwan is at the Nino D'Ambra Hair and Aesthetics Saturdays from 9 am to 5 pm. If you would like to book an appointment contact the salon at 905-871-6886.



Have Your Say - Protecting Energy Consumers

How well are consumers protected in
Ontario's retail energy market?

That's the question the Ontario Energy Board (OEB) is looking at with its review of the Energy Consumer Protection Act. The Act deals with energy retailing to low-volume consumers in the province. Just over 300 thousand residential and small business consumers in Ontario currently have contracts with electricity retailers; 362,000 have contracts with natural gas marketers.

Please visit www.ECPReview.ca and fill out the on-line survey to share your views on consumer protection with the OEB.

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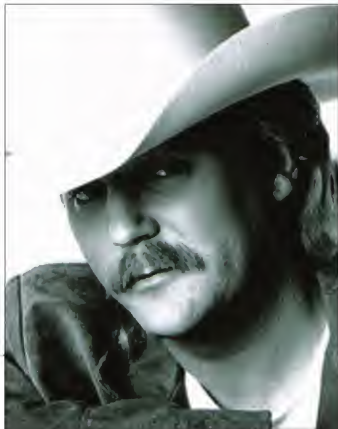

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JOSEPH WHITE Special to The Times

Memphis recording artist Marty Allen Cash will perform his award winning Johnny Cash tribute with special guest James McDermaid performing Alan Jackson and Lauren Gasbarini performing June Carter at Lion's Hall in Chippawa on Oct. 24.

Country stars to pay tribute to Cash, Carter and Jackson

Sarah Ferguson
Fort Erie Times

Remember the good old days when Johnny Cash, June Carter and Alan Jackson ruled the radio.

Memphis recording artist Marty Allen Cash will perform Friday at Lion's Hall in Chippawa. Joining him on stage will be special guests James McDermaid as Alan Jackson and Lauren Gasbarini as June Carter.

A Fort Erie resident, McDermaid is looking forward to performing in Niagara as Alan Jackson for the first time.

He has more than 20 years of experience performing as Jackson.

"I love performing—I think what draws me in is the audience itself, not the music," McDermaid said.

"You can see the smiles on their

faces, feet tapping and people wanting to dance. That is what gets me."

The tribute will be held this Friday at 8 p.m.

McDermaid says he'll perform all of Jackson's top hits.

"My favourite Jackson song is Mercury Blues. I will definitely play that."

McDermaid encourages country fans to attend the show.

"It's going to be a good one, and if you're an Alan Jackson fan, this will be a good opportunity to see something genuine."

Tickets are available at Rainbow Pure Water in Niagara Falls, Abby's Restaurant in Chippawa or phone 905-325-5704.

Concert begins at 8 and doors open at 7:30 p.m. General admission and concert seating.

sarah.ferguson@sunmedia.ca

RIO VISTA GOLF CLUB

EST 1933

I would be remiss if I did not recognize the glory days of the past when the jc's provided an outlet for our local youth by way of a junior golf program.

Many of the local kids of the time have continued to enjoy the game still today and many more have secured a career in the golf industry in one way or another.

With a new ownership group in place at Rio Vista, Rob Dunn (general manager and cpga golf professional) has been aggressive in structuring a new Junior Golf Program to engage the youth of our community.

Rob Dunn says that the kids will learn so much more than the game itself. The many attributes learned will carry on throughout these kids lives. These attributes include : improving social skills, getting along with others, taking instruction and direction, being responsible for their actions, learning courtesy and etiquette, having commitment, setting goals and striving to improve while receiving the direct health benefit of exercising the body.

Rob has secured support from the former owners of Rio Vista who are prepared to generously support the revived Junior Golf Program in Fort Erie at Rio Vista.

The program is structured in the following manner.

For a nominal fee of \$ 50 dollars per child that child will be included in the summer program commencing on July 6 through to Aug 25th. This includes a weekly clinic breaking down every aspect of the game every Monday followed by a round of golf. There will also be a season ending family golf day and BBQ.

For those kids wanting to take golf to the next level of competition rob will be offering suggestions on where to go and explore all options open to them. Rob says that the kids already playing competitive, he has co-originated a partnership with the local high schools and their coaches in hopes of garnering championship calibre players. Both FESS and RCBHS will be participating with no cost to the kids. Full practice and playing times will be provided and rob will assist both coaches when needed in providing first class instruction at a first class facility that was designed by world renown architect Stanley Thompson.

Rob has a proven track record coaching the Provincial New Brunswick sr ladies and junior champions as the head teaching professional at Fredericton Golf Club.

Rob says these kids dont realize it yet but there are many avenues to further their education as well as having a career in the golf industry or the other aspects in the business of marketing, food and beverage, retail, hospitality, grounds maintenance, and many other career opportunities.

Rob also states on the facility side of business, great things are happening. The course conditions have improved greatly from when he first took over through the hard work and dedication of our staff. All our facilities are under going massive change. For the upcoming 2015 season there will be a newly renovated clubhouse, a major revamp of the kitchen with an exciting new menu, along with a patio loaded with furniture designed to please, entertain and provide atmosphere. Both the clubhouse and patio have a magnificent view of not only our course but of wonderful sunsets. The bathtrooms will be freshened up and we are looking into a gas fireplace for those who just want to relax and watch the new big screen tv or on one of our other two. We want to create an environment where all feel welcome , as they belong and want to come back again.

Our new mission is to provide the best facilities through attention to cleanliness, service and quality both on and off the golf course.

Our goal is to interact with and be part of the community, hopefully grow and expand and hire more local people.

Rob says our revamped club house will be available for rental as Christmas parties, office parties, reunions, stag and does, retirement parties, birthdays any other requests.

We are excited and hope the kids and the community will get excited also.

To register your child for our summer camp or to enquire about renting our clubhouse please call Rob Dunn at 905-871-0921.



Breast cancer screening is on the rise in Niagara

➤ Niagara Health System offers three fullservice Ontario Breast Screening Program centres and assessment clinics in the region

Breast cancer facts

- In 2014, it's estimated 9,500 Ontario women will be diagnosed with breast cancer and 1,950 will die from the disease.
- Breast cancer survival rates are among the highest for all cancers in Ontario.
- Breast cancer occurs primarily in women ages 50-74 (57% of cases).
- Most women diagnosed with breast cancer have no family history of the disease.
- Women ages 50-74 are encouraged to be screened for breast cancer every two years with mammography.

Source: Cancer Care Ontario

Screening saves lives. And it seems women in Niagara are beginning to get the message.

The number of women in the region being screened for breast cancer is on the rise, and the local health system is doing what it can to ensure the trend will continue.

Since 2011, the number of patients in Niagara Health System's target group—ages 50 to 74—receiving breast screenings has risen by about 15%.

A total of 22,039 patients were screened over the 2013-14 fiscal year compared to 20,307 in 2012-13 and 19,293 in 2011-12.

The NHS has three fullservice Ontario Breast Screening Program centres and assessment clinics in Welland, St. Catharines and Niagara Falls. OBSP satellite clinics are also available in Port Colborne and Fort Erie.

Despite promotion of the important screening program and other efforts to bring eligible women through hospital doors, there remains about 13,600 females in Niagara who should be getting screened but aren't, hospital officials say.

Breast cancer is the most common cancer among Canadian women, with one in nine diagnosed in their lifetime, said Dr. Janice Giesbrecht, medical director of the NHS's oncology program.

"One of the very positive messages is that since the 1980s, death from breast cancer has been decreasing," she said.

That, she said, is due in part to better treatments now available, but also owing to growing public awareness of the importance of regular screening, which can detect an issue early on.

Giesbrecht called routine mammograms key to the health of women between the ages of 50 and 74 in detecting cancer early, increasing the number of treatment options and improving the chance for survival.

Maryanne Firth
QMI Agency Niagara

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maryanne.firth@sunmedia.ca
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Giving in memory of Jeff Hearn



The annual Jeff Hearn Memorial Golf Tournament, which was held in September, raised \$4,300 for the food bank at Community Program Outreach Erie. Herb McGirr, along with Jeff's nieces Delaney, Reagan and Myley, presented the cheque to Barb Volzke of COPE.

SARAH FERGUSON Fort Erie Times

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SARAH FERGUSON Fort Erie Times

Captain Harold Sully of 337 Allan Troup Squadron in Fort Erie, handed over command of the air cadet squadron on Oct. 1 in a ceremony at the Fort Erie Leisureplex. The former leader relinquished command to Captain Nicholas Chevalier, of Stevensville. Chevalier is the 10th commanding officer of 337 Squadron. He is a graduate of the 337 squadron and earned his wings on both the National Air Cadet Glider and Power Scholarship courses. He was commissioned as an officer in the Canadian Armed Forces Reserves in 2002.

A change of command



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REVIEW

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Candidate active in his children's education

➤ **Gregg Dame running for District School Board of Niagara trustee**

Stephanie Azevedo
Special to The Times

Gregg Dame is running once more for Niagara District School Board Trustee in the Oct. 27 election.

His opponents include Mike Kamatovic, Lesley Ann Romano and incumbent Dave Schaubel.

This is his third time running as a candidate to serve Fort Erie and Port Colborne. The first time he sought election was in 2006 and



Gregg Dame



The role of the trustee is ensuring the governance model issued by the administration is adhered to."

— Gregg Dame

was defeated by Dave Schaubel for the 2010-2014 term.

"I was always an active parent with my children's education putting three kids through the system," Dame says. This encourages him to run for trustee.

"My youngest daughter had a lot of trouble trying to cope in school and I was always active in trying to be her advocate... [I decided that] if I know as much as I do, I can share that with other parents and the best way to do that is to become a trustee."

Dame greatly enjoyed his first term with the school board. "It was a great opportunity with lots of challenges."

An issue Dame note with the public is "a lot of people don't understand the role of being a trustee... they only interact with their trustee if they're having trouble with a teacher."

"The role of the trustee is ensuring the governance model issued by the administration is adhered to," Dame says.

The school board trustees

regulate finances, correct programming, accountability. "That's the high end of it, but there's also constituents representing an area. At the board level we are very mindful of the decisions of the school board and how they effect the students in our area."

For example if a lot of money is being spent in St. Catharines, it's the trustee's job to ensure Fort Erie gets some attention as well.

Dames says that Fort Erie only gets one vote against the 11 seats. "Sometimes the decisions that have to be made are tough decisions and you hope that it balances out for you."

"It's a tough battle sometimes, to ensure we get enough of the piece of the pie to make it worthwhile for our students," Dame says.

Pair sought in taxi robbery

Police are looking for two teenagers in connection with a robbery in St. Catharines Saturday night.

Officers were called to the Kinsey St. and Powerview Ave. area around 9:30 p.m. Niagara Regional Police say a taxi driver was robbed,

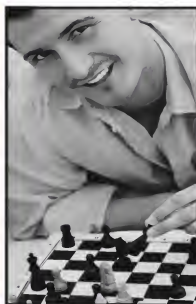
although he was not hurt.

Police say two young men, or possibly teens, got into the taxi, then instructed the driver to pull over at knife-point. The pair fled on foot with a small amount of money. Both were described as about 5-foot-9 and weigh-

ing around 135 pounds.

They were both wearing hooded sweatshirts and were last seen running behind houses on Powerview Ave. Police ask anyone with information to contact investigators at 905-668-4111, ext. 4286.

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Pyke has experience in school community

Brick for people who use foul language

A brick for the people who were chattering rather loudly the other night outside of Garrison. We were all young once, and I still remember being young, too. If someone told me to be quiet they were in for a strong retaliation by my band of warrior friends, but please, some of that language needs to be toned down. Keep our streets safe and clean, but watch that tongue so it doesn't get you into trouble.

Bouquet for a son
A bouquet for my amazing son who came over late last Sunday to help his mother after she had done something to her television. I'm not good with electronics but he helped me. He tried to show me how the controllers work but it's all so much to remember. He then put black tape over all the buttons I don't need and it makes a little more sense to this old marm.

Brick for prank phone calls

A brick for the kids who left a message on my phone the other day. I know it's harder to make prank calls today with caller ID, but if we don't pick up, it's because

we don't know you, and a voice mail with unbelievably inappropriate language isn't really as funny to some of us as it is to you. Seriously annoyed.

Brick for offices that close early

A brick for some of those government offices that close at 5 p.m. Why? How does this benefit people who sometimes can barely get a lunch break to call you "between business hours". I can't even get a second to myself in a day and then, when I have a chance, you're closed. Bricked and annoyed.

Brick for people who over share

A brick for people who loudly broadcast their personal life while getting simple things changed a government kiosk. I don't need to know the details, I need to get something done, and not only are you taking up our time, you're airing your dirty laundry. Fine, vent, but not in a public place where some people are running errands on their lunches.

Bouquet for pumpkin flavoured foods

A bouquet for the season of fall, and all of the pumpkin-flavoured foods that come with it. Pumpkin pie, cookies, ice cream. Yum!

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Sarah Ferguson
Fort Erie Times

Heather Pyke is hoping to become the next school board trustee for the Niagara Catholic District School Board, serving Fort Erie, Port Colborne and Wainfleet.

Pyke says she became involved with Catholic education when her son began attending school.

Pyke is running to become a school board trustee because of her experiences as a parent and as a member of several committees.

"Because of my involvement as a parent, I felt like it (now) is the appropriate time (to run for trustee) and make sure the school board has a strong parent's voice."

Pyke says her son recently graduated from high school and she would like to continue her efforts in Catholic education.

Pyke has more than 10 years of experience serving school councils. She is the Lakeshore representative on the Niagara Catholic Parent Involvement Committee, and director on the Ontario Association of Parents in Catholic Education. She also is a member of the



Heather Pyke

board of directors for the Institute for Catholic Education.

If elected as school board trustee, it will be the first term for Pyke.

"I think a lot of parents know me from my involvement in the school board," she says.

"I am a parent, and I am speaking just to parents."

Pyke says the role of the school board trustee is important because it ensures both parents and school board staff work together for the success of the students.

"When parents are involved and working with the school board, kids have a better success rate."

Pyke says she would like to be "the parent's voice" on the school board of trustees.

"I am extremely dedicated and very passionate about Catholic education," she says.

"I would be the voice for parents when board decisions were being made and I would add family perspective."

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GOLDWELL

Trustee candidate 'brings a strong voice'

Lesley Ann Romano one of four candidates hoping to serve as trustee for the District School Board of Niagara

Sarah Ferguson
Fort Erie Times

Lesley Ann Romano has set her sights on becoming

the next District School Board of Niagara trustee serving Fort Erie and Port Colborne.

Her opponents include Gregg Dame, Mike Kamatovic, and current trustee Dave Schaubel. The 49-year-old Port Colborne resident says she brings "a strong voice and a new perspective" to the family of schools in Fort Erie and Port Colborne.

If elected, Romano says her "first and only" priority will be to maintain a "position of advocacy for the betterment of the stu-

dent, families at large, and the board as a whole."

"I would strive to keep an open door policy in order to be able to advocate on (the community's behalf) while maintaining accountability."

Romano says the role of a school board trustee is an important one because the trustee is "the voice of the students, parents and the community."

"The trustee is involved in overseeing many aspects of the school board with emphasis on the students, policies and

the overall governance of the school board."

If elected, Romano says it will be a privilege to serve the community.

"I am a hard working individual with determination for positivity and I look forward to representing the communities of Fort Erie, Port Colborne, Ridgeway, Stevensville and Crystal Beach as their next DSBN Trustee Elect."

sarah.ferguson@summedia.ca

Lesley Ann Romano



Sicoli says there are 'still some things' to accomplish

Sarah Ferguson
Fort Erie Times

After serving four years as the Niagara Catholic District School Board trustee for Fort Erie, Port Colborne and Wainfleet, Dino Sicoli says there's still more work to be done.

"There are still some things that I would like to accomplish as a trustee and that's why I want to run again."

Sicoli has 33 years of experience in education as a teacher, a principal and at the administrative level.

"In my time working with the school board, my philosophy has never changed, I believe in education."

As a school board trustee, Sicoli says he is an excellent communicator and a listener.

"People want someone to



Dino Sicoli

listen to them—to see what they have to say, and see if a solution can be found for their concern."

Sicoli says his priority is putting children first.

In his role as trustee, Sicoli says he is an advocate for students, and a liaison between educators and par-

ents. His job is to juggle the needs of everyone involved in education.

"As an educator, I know students have to be first, but sometimes it's the teachers, and sometimes it's the parents."

Sicoli says it's important that each voter carefully considers his or her candidates when they head to the polls on Oct. 27 to vote for their trustees.

"The citizens of Fort Erie, Wainfleet and Port Colborne need to take ownership of their schools," he says.

"Even if people don't have children enrolled in school, it's important for them to vote because their tax dollars are still going to the school board."

Sicoli says he has the experience and leadership skills necessary to serve the students, parents and teaching staff at the NCDSBN.

"I'm always striving to be a better person, and I like to strive for a positive outlook

on things," he says.

"I also promise that I will look into any concerns peo-

ple have and get back to them with the best answer possible."

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Longtime resident eyes Ward 1 seat on council

Stephanie Azevedo
Special to The Times

Rob Dunn has thrown his name in the ring to become the next Ward 1 councillor

in the upcoming Oct. 27 municipal election.

His opponents include Andrew Aitken, Susan Iovanovic, and George McDermott.

Dunn is the busy general

manager and CPGA golf professional at Rio Vista golf course. While there, he has re-established the youth golf program and coordinates charity events held at the club.



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Shingles is caused by the same virus that causes chickenpox (varicella-zoster virus). After the chickenpox blisters heal, the virus remains dormant in nerve cells in your body. It can become reactivated after many years resulting in shingles. It is not known exactly why the virus becomes reactivated, however it is thought that having a weakened immune system along with physical trauma, UV light or stress may play a role. The risk of developing shingles increases with age and people over 50 years old are at the greatest risk. The symptoms include a painful, blistering rash that often breaks out in one part of the body, usually the chest or upper back are involved. Sometimes the pain resulting from shingles can last for weeks, months, or rarely years, after the rash heals. This lasting pain has been described as burning, aching, throbbing or stabbing and can result from something as little as a breeze or the touch of clothing on the skin. Older people are again at greater risk. Shingles may also result in skin infections at the site of the rash or scarring following healing of the rash.

Fortunately, a vaccine is now available to boost your immune system and help to prevent shingles and its complications. It is called Zostavax and is available to adults over 50 years old. The vaccine cannot be used if you are already experiencing symptoms of shingles; it is only used for prevention. This vaccine was found to reduce the risk of developing shingles by about 50-70% (depending on your age) within the first year after receiving the vaccine.

Zostavax is safe for most people, however it should not be used by anyone who:

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Rob Dunn

Dunn has been a part of Fort Erie for 25 years. This is his first time running for councillor.

Dunn says he is running "to bring insight, experience, fresh ideas, a relentless work ethic and a willingness to work collaboratively with the mayor and

other councillors in ushering in a new era." He also wishes to "secure prosperity in Fort Erie."

Dunn says Fort Erie itself is his inspiration to run, "from its waterfront, international border, unique neighbourhoods, tourism opportunities and the peo-

ple themselves that make up this great community."

"My main concern is the number of vacant property in our business district, Jarvis St." Dunn says.

As his first concern to bring to council, Dunn says he "would encourage council to support a motion to assist the Bridgeburg BIA in researching how large mail developers attract a variety of new tenants." This would create a vibrant downtown offering and attracting all walks of business.

"One of the major problems in Fort Erie is lack of job creation," Dunn says. "A vibrant downtown would create many much needed jobs and tax revenues to assist in the betterment of all of Fort Erie."

In the coming four years, Dunn feels the council should focus mostly on "economic development that is the catalyst to job creation, tax generation, infrastructure improvement, and quality of life enhancements."

He hopes to be a part of "a positive united council to promote growth and prosperity to all."

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Mollicone says Ward 2 'needs a voice' on council

Sarah Ferguson
Fort Erie Times

John Mollicone wants to be the voice for Ward 2, which is why he has chosen to run in the Oct. 27 municipal election.

"The reality is the neighbourhood needs a voice, and they deserve one."

His only opponent is incumbent Rick Shular.

Mollicone said the turn out of voters in Ward 2 has steadily increased over the course of the last few elections.

"Obviously, when people feel the need to vote, they feel that their voices need to be heard."

According to Mollicone, "the voice is key" and there is "a functionality between the voice of the people and what happens at town council."

"Right now, there seems to be a disjoint between the voice of the people and town council," he said.

Family is Mollicone's first priority, but politics have always been a part of Mollicone's life. Although this election will be the first time he seeks a seat on council, Mollicone has been actively involved in volunteering for municipal and regional candidates' campaigns.



John Mollicone

"I've been involved in politics every decade since I was in my twenties and now I am in my fifties."

Mollicone said the top issues in the town are "those hidden" issues that are often left in the background such as services

like garbage pickup, roads and sewer infrastructure.

If elected, Mollicone said he would like to work

with town staff to ensure fiscal responsibility for the Town of Fort Erie and finding a way to put "a cap on taxes."

Mollicone encourages Fort Erie residents to exercise their right to vote in the election on Monday.

"We need solution-ori-

ented people on town council," Mollicone said.

"Town council is a bunch of minds coming together and sharing what they have in common and proceeding to share new ideas."

sarah.ferguson@sunmedia.ca

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Falcons defeat visiting Navigators

Fort Erie's
senior girls
team wins
27-22

Mary Jo Stoik
Special to The Times

On Monday, Fort Erie Secondary School's senior girls basketball team hosted the Niagara Christian Community of Schools Navigators.

Both teams played good defence right from the start making scoring difficult.

NCC led the first quarter 5-3. Both teams battled basket-for-basket through the second with FESS leading 12-11 at half time.

The intensity of the game rose in the third period and FESS managed to create a few turnovers and cash them in, increasing their lead to 22-17 after the third.

The fourth period was a tough physical battle but FESS maintained possession of the ball and the lead to win 27-22. Scoring for the Falcons were Beth Fretz win an outstanding 17 points. Katie Winger earned five points, Sidney Merson and Shannon Troupe chipped in with two points each and Katie Adair added one.

The senior team hit the court Tuesday afternoon to play Jean Vanier. The results of this game were not available before press time.



FORT ERIE SECONDARY SCHOOL Special to The Times

The Fort Erie Secondary School senior girls basketball team defeated the Niagara Christian Community of Schools Navigators Monday afternoon 27-22.

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All events are held at the Fort Erie Public Library. For more information call 905-871-2546.

OCTOBER 23 TRIVIA TIME

Have fun, test your knowledge and support your library at the 3rd annual Public Library Week Trivia Time. \$10 per person. Ticket includes a piece of pizza and a beverage; penny auction tickets, 50-50 draw chances, silent auction items all available. 6 p.m. Centennial branch.

OCTOBER 25 THERAPY TAILS

Kids of all ages benefit from reading out loud, and the Therapy Tails dogs are the best listeners. Come and read to the Therapy Tails dogs. 2 p.m., Centennial branch.

OCTOBER 29 HORROR WRITERS

A panel discussion of horror writers talk about their craft and horror

writing in Canada, with a few spooky stories thrown in. Some print books available for sale and signing. Free. 7 p.m. Centennial branch.

NOVEMBER 5 WRITERS GROUP

NaNoWriMo, or National Novel Writing Month, is an opportunity for writers who need a little encouragement. Others can help you, online or in person, to meet your personal writing goals. Learn details at Fort Erie Public Library's regular monthly Writers' Group, 6:30 p.m., Centennial branch.

NOVEMBER 12 AUTHOR AFTERNOON

Joel Sutherland, the 'Barbarian Librarian' of the reality show 'Wipeout Canada', will talk about writing, ghosts and other neat stuff. Books will be available for sale and signing. Free. Teens and adults all welcome. 1 p.m. Crystal Ridge branch.

HOLIDAY DECORATING

Shirley Opie shares exciting seasonal decorating ideas. Inspiration for both the talented and the not-so who want their space to be beautiful and interesting for the holidays. Attendees will have a chance to take home one of her examples! Free. 7 p.m. Crystal Ridge branch

NOVEMBER 19 HOLIDAY CONCERT

Wonderful music and delicious refreshments to put us in the holiday mood. Performers include Paul Miller, baritone, and Carina Frammartino, voted Best Young Artist at the Niagara Music Awards. 7 p.m. \$5, Centennial branch

ONGOING HOMEWORK HELP

After-school homework help program for students in kindergarten to Grade 88, Monday through Friday, 3:30 to 5 p.m. Snacks and activities, too. Centennial branch

Giving thanks and giving back to the community



SARAH FERGUSON Fort Erie Times

Students and staff at Fort Erie Secondary School held a Thanksgiving Food Drive to support the food bank at Community Program Outreach Erie recently. More than 12 boxes of canned goods, and about \$80 from a coffee fundraiser was donated to the food bank on Jarvis Street. From left, are Tori David, Mackayla James, principal Fred Louws, Charmaine Holland, Marcia Sexsmith, Mary Crosby, of COPE, and Anna Hanson.

Historic Bridgeburg Trick or Treat

**Saturday,
October 25
11am-2pm**

Children's
Costume Contest

Register at the
BIA office
23 Jarvis Street,
Fort Erie

For your chance to
WIN PRIZES

905-871-4938

Look for the orange pumpkin symbol in the window of participating businesses. Support local merchants.



Meteors dress in pink during Breast Cancer Awareness Month

Junior B team to donate proceeds from longtime fan battling cancer

Annie Pasquariello
Fort Erie Times

Once again the Fort Erie Meteors are proving that real men wear pink.

In support of Breast Cancer Awareness Month, Fort Erie's junior B team will hold its annual fundraising game on Oct. 25 at the Leisureplex against the St. Catharines Falcons at 7:15 p.m.

Cheryl Anthony, who has been organizing the team's annual breast cancer awareness game, said proceeds from Saturday would support one of the Meteors' longest supporters.

"One of the members of our team's family is battling cancer right now and she was just diagnosed," Anthony says.

"She's our number one volunteer and fan and she lives and breathes the Fort Erie Meteors."

Anthony says she wants to keep the recipient anonymous because the longtime Meteors supporter isn't yet aware she will be assisted.

"Tony and I have talked about it during the last few days and this is what we want to do with the money. We want to help her out. She's off of work right now



and it's been difficult for her," Anthony says.

The team has raised more than \$17,000 for cancer research since they started four years ago.

Tony Passero, operations manager for the team, says the fundraising goes beyond Saturday's game.

"The kids have gone out in the community to raise money. Anywhere with high traffic in town from Rosehill, Tim Hortons to Canadian Tire, they have collected a lot of money for the cause," he says.

Not only is the team raising money, but also bringing added awareness to the cause. According to the Breast Cancer Society of Canada, breast cancer is the

most common cancer among Canadian women and its cause is unknown. In 2014, an estimated 24,000 Canadian women will be diagnosed with breast cancer and 5,000 will die from it.

The Meteors donate 50 per cent of money raised at the door to breast cancer.

"The tickets are \$9, so \$4.50 goes to the cause. The boys wear pink jerseys, we do a puck toss and people can donate money at the game," says Passero. "It will be nice to see the building full to support the team and breast cancer awareness. More people equals more money to the cause and that's what this game is all about."

Meteors defeated in shutout

The Thorold Blackhawks improved to 5-6-1 with a shutout win over the Fort Erie Meteors Saturday.

Anthony Postiglione, Nick Sacco, Tyler Schorke, Connor Timmins and Dan Abbott scored for the Hawks in regulation.

Dakota Miskolczi, Devin Darrah, Tristan Drescher, Richard DeMarco and Wade Kenny replied for Fort Erie.

The Meteors were trailing 5-2 but scored three goals in the final nine minutes of the game to tie the score at 5-5 and force overtime.

"You have to give our guys credit, we once again battled back and tied it up," Fort Erie coach Rob Hubbert said. "We called a time out, set up a play, and we capitalized on it."

"At the end of the day we're a lunch bucket team. We bring our hard hats, work boots and shovel to work."

Hubbert felt the Meteors could have

won the game in OT.

"We missed five open nets and we had our chances in overtime," he said.

The shutout went seven rounds and finally ended when Schorke scored.

The Meteors continue to hang around the 500 mark at 5-7-2.

"The cat calls were out. Everybody thought we wouldn't win a game but we're plugging along," Hubbert said. "I just want to get them playing good hockey come February and we'll roll the dice."

Thorold coach Bryan Kelly would have liked to see his charges play a more complete game.

"We played well for the first 15 minutes. We did a lot of good things to build a 5-2 lead," Kelly said. "We stood around and let Fort Erie outwork us in the last 10 minutes."

"Good on them for trying it up. We have to learn to play a full 60 minutes."

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14789 Sodom Road, Snyder, Ontario
Country Luncheon and Fall Fair
October 18, 2014
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Bake Table, Jams and Preserves, Apples

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Pastor Andrew Doherty
(905-382-6530)
Sundays at 11:00 am

Riverside Community Church
www.riversidecommunitycc.com
Sunday Services:
9:00am & 10:45am
2669 Niagara Parkway, Fort Erie
(905-871-9880)



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ANYTIME
ANYWHERE

120 Catherine St.
Sat. Oct. 25th
8am - 4pm
Furniture & household items

Pets Lost & Found

LOST: Oscar, orange cat, long hair, scruffy
cat, last seen from 2014
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Beach, Windsor.
905-394-0619

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Garage Sale

60 Lindbergh Dr.
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9:30am
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Miscellaneous

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(After hours drop offs disappear)
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The Fort Erie Times

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AND OTHERS IN THE ESTATE OF GERALD (GERRY) LLOYD LOBB

All persons having claims against the Estate of GERALD (GERRY) LLOYD LOBB, late of the Town of Fort Erie, in the Regional Municipality of Niagara, who died on the 29th day of July, 2014 are notified to send pertinent to the undersigned as of September 1st day of November, 2014, after which date the estate will be distributed with regard only to claims of which the undersigned shall then have notice, and the undersigned will not be liable to any person of whose claim the undersigned shall not then have notice.

Dated this 30th day of September, 2014,
My Master Lobb, Estate Trustee
by her solicitors
Jensen, Baskin & Baskin
38 Ridge Road
P.O. Box 38
Ridgeway, Ontario
L0S 1N0
Telephone: 905-894-0329
Fax: 905-894-0338

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**New
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**It's that time of year
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cast your vote for Fort Erie's
Finest 2014. This annual award
is determined by you.
Simply indicate your favourite
person or business for each
category listed below.

Deadline for entries is Saturday, October 25th, 2014. Once you've filled in your selections for Fort Erie's Finest, please tear out page and mail or drop off to The Fort Erie Times, 336 Central Ave., Fort Erie L2A 3T6.

No facsimiles accepted. Emails with "My Vote" in subject line to myra.robertson@sunmedia.ca by midnight October 25th.

Only categories listed will be considered for awards

Restaurants

Best View _____
Breakfast Special _____
Chicken Wings _____
Chinese Cuisine _____
Coffee _____
Dessert _____
Donuts _____
Drive-Thru _____
Fish & Chips _____
French Fries _____
Hamburgers _____
Healthy Alternatives _____
Ice Cream _____
Italian Dishes _____
Local Chef _____
Pizza _____
Poutine _____
Ribs _____
Sandwiches _____
Smoothies _____
Spaghetti _____
Steak _____
Subs _____
Sushi _____
Tacos _____
Waiter/Waitress _____

Bars

Bar tender _____
Waiter/Waitress _____
Party Bar _____
Sports Bar _____

Grocery Stores (Please Be Specific)

Bakery _____
Dairy _____
Deli _____
Meat _____
Price _____
Produce _____
Selection _____
Seafood _____
Cheese _____

Services

Accountant _____
Auto Repair Shop _____
Business Consultant _____
Butcher _____
Auto Body Shop _____

Car Wash _____
Carpet Cleaners _____
Caterer _____
Cell Phone Repairs/Services _____
Chiropractor _____
Community Focused _____
Dance Studio/Classes _____
Day Care _____
Dentist _____
Doctor _____
Dog Training _____
Dry Cleaners _____
Electrician _____
Esthetics _____
Financial Institution _____
Financial Planner _____
Fitness Instructor _____
Funeral Director _____
Gas Station _____
Golf Course _____
Gym _____
Hair Salon _____
Hairstylist _____
Heating/Air Conditioning _____
Home Based Business _____
Home Repair _____
Independent Dental Hygienist _____
Insurance Agent _____
Insurance Company _____
Lawn Care _____
Lawyer _____
Limousines _____
Local Politician _____
Locksmith _____
Lube, Oil & Filter _____
Martial Arts _____
Massage Therapist _____
Mortgage Broker _____
Make Your Own Wine _____
Muffler Shop _____
Nutritionist _____
Optometrist _____
Paving Company _____
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Veterinarian _____
Wellness Expert _____
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Stores

Appliance Store _____
Auto Parts _____
Auto Recycler _____
Bicycle Shop _____
Blinds _____
Carpet / Flooring Store _____
Chocolate Store _____
Clothing Store _____
Convenience Store _____
Flooring Store _____
Drug Store _____
E-Cigarettes _____
Electronics Store _____
Florist _____
Frame/Art Supply Store _____
Garden Centre _____
Gift Baskets _____
Hardware Store _____
Boating/Marine Supplies _____
Jewellery Store _____
Lumber Yard _____
Optical Store _____
Paint/Wallpaper Store _____
Pet Supplies _____
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Tire Store _____
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Birthdays

Birthdays



Happy 14th Birthday

Samantha Meli

Oct. 27th, 2014

Love Mom & Dad, Madison &
Aaron, Isabella & Sierra & Richie
XXXXXX

Coming Events

Coming Events

Bowen Rd Womens Institute @
Peoples Memorial United Church, Ridgway
Fashion Show by Jayset
Sat., Oct. 25th, 1:30pm
Cost: \$10 with refreshments & cake.
Lynne 905-894-1189

**FALL MARKET -
ATTIC TREASURES**
Sat. Oct. 25 10am - 1pm
St. John's Anglican Church
2251 Ridgemount Rd.
Clean household items,
furniture, Xmas decor,
collectables, books, bake table,
preserves. Lunch - chili, soup,
sandwiches, homemade pies!

Coming Events

Coming Events

HAM & SCALLOPED POTATO DINNER

Saturday, November 8, 2014
St. John's Stevensville United Church
14789 Scodum Rd. 5:00 & 6:30 pm
Adults - \$12 Children under 12 - \$5
For tickets call: 905-382-4645

HOLLY DAZE BAZAAR

Faith Reformed Church, 3505 Black Creek
Rd., Stevensville (from Q5W take exit #12
Netherby Rd 25 East) Sat Nov. 1st 10-2
Baked goods, attic treasures, cabbage rolls
(frozen), crafts, garden produce, pre-
serves, kids corner, woodworking lunch
etc. Donations to food bank appreciated.

Cards of Thanks

Cards of Thanks

BENNER

The children of Marger Benner would like
to thank our wonderful family and friends
for the overwhelming outpouring of sym-
pathy in the loss of our beautiful mom.
The generosity of flowers, food, cards,
gifts, visits, memorial donations, and
prayers will forever be remembered and
appreciated. As a testimony that our mom
touched so many people's hearts and you
have truly touched ours. We would also
like to thank Dr. Scher for his utmost com-
passion and the staff of Douglas Memorial
Hospital and Maple Park Lodge, COAC,
as well as the ER staff of the Greater Ni-
agara General Hospital with special
thanks to Andrew. Thank you to Darnen
Piagg and staff of Benner Funeral Home
in assisting us in fulfilling our mom's every
wish while making a very difficult time
easier with your kind professionalism.
Scott, Brandon, Victoria, Julia
and Families.

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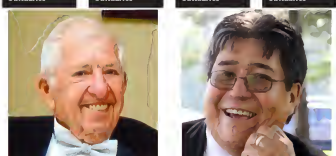
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Obituaries

Obituaries

Obituaries

Obituaries



CAHILL, Reginald Joseph - Quietly and
with great dignity Reg passed away at
Millennium Trail Manor on Thursday
October 16, 2014 at the age of 89. Reg was
preceded by his parents Reginald and Elsie
(Lucas) Cahill, preceded by his sisters
Mary, Edith, Irene, Marjorie and his
brothers John and James. Survived by his
loving wife of 48 years Carol (Riley) Loving
together to Terri (Dan), Tina (Gibb), Tracy
(Jeff), Cherished grandfather of J., Kaitlyn,
Connor and Riley Bernier, Emma, and
Dylan Jones; Kendall Mathes, Grandpa and
grandson Jordan Jones are now playing
together. Reg served our country in WWII
as an Army Medic; worked on the Canadian
Pipeline, worked for Wales Plumbing and
Heating as a sheet metal worker and also
at Stevensville Lawn Service. He was a
member of the Stevensville Volunteer Fire
Department for 30 years, was a member of
the Ridgeway Royal Canadian Legion.
Reg's greatest joy was his wife, family and
working in his field. In accordance with his
wishes, cremation has taken place. In
accordance with his wishes, cremation has
taken place and a celebration of his life has
been held. In lieu of flowers, memorial
donations to the Alzheimer Society
of Niagara Region would be appreciated by
the family. Thank you to the Elgin Staff at
Millennium Trail Manor for their care and
compassion. Arrangements entrusted to
WAGARA FUNERAL ALTERNATIVES,
905-894-0120.

BRUYERE, Frank Wesley - April 26,
1957 - October 15, 2014. Frank Wesley
Bruyere, 57, passed away at his home in
Beauville, ON, on October 15, 2014. His
beautiful wife Peggy, three sisters and one
of his best friend Leo Tardif were at his
side. It is with our deepest sadness we
announce the passing of our "Sweet Baby"
brother, he went peacefully after a long
battle with cancer. Frank was born April 26,
1957 to George & Bella Bruyere of Fort
Frances, Ontario and was a member of
Couchiching First Nation. Frank was the
Baby of a family of twelve: 8 brothers and
3 sisters. Frank was united in marriage with
his "Gorgeous One" Peggy Wells on July
26, 2008, she was the love of his life. Frank
had a love for life, family and friends.
Whenever Frank was present it was normal
to hear laughter. Frank had a way of
making people feel at home as he treated
each person with dignity and respect. Frank
had many talents. His love for music:
playing guitar with family and friends, going
to concerts, and yes, casinos. Frank was
a jack of all trades; he could fix almost
anything from cars to renovating a house.
Frank loved going to Bingo with his sisters
so he could harass them. Frank loved
fishing and hunting with his buddies. Frank
loved people and enjoyed hearing laughter.
Frank was employed at Fleet Industry in
Fort Erie and Orenda in Mississauga for a
number of years before he was diagnosed
with cancer. Frank is survived by his wife
Peggy, his siblings: Larry (Eileen) of
Neelville, Doug and Sterling of Fort
Frances, Lyle (Lynn) of Mountain Home,
Arkansas, and his sisters: Shirley Sollen
(Charles) of Fort Erie, Karen Chaboyer of
Toronto and Lisa Bruyere & her partner
Mitch DeGusse of Sarnia. He was
predeceased by his parents George &
Bella, his brothers: George, Andy, Rudy
and Sid all of Fort Frances. Frank loved his
step children: Cindy (Randy), Cathy, Patty
(Dawn), Tara (Brian), April (Paul), Channy
(Sean), Holly (Mike), Anthony (Bridy) and
Antonette (Scott) & Mark Collett. Frank
had numerous nieces, nephews and
grandchildren. Celebration of Life will be
held at Fort Erie Friendship Centre, 736
Buffalo Road on November 2, 2014 at 2 pm
- 5 pm.

ANGER, Elizabeth - Passed away
peacefully at Gilmore Lodge on Sunday
October 19, 2014. Predeceased by her
husband Arthur Anger (March 2006).
Leaving behind 2 step daughters Donna
Kulsar of Clarence, New York and Diane
Sterling of Comellus, North Carolina, sister-in-
law Shirley Sawyer of Fort Erie and their
families. Thank you to a staff at Gilmore
Lodge and a special thank you to Dr. Scher
for his wonderful care. **WILLIAMS
FUNERAL SERVICES** 722 Ridgway Rd.
North, Ridgeway, entrusted with
arrangements. Cremation has taken place
and a private family service will be held at a
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SHAUBEL, Kenneth John - It is with heavy hearts, we announce the passing of Kenneth John Shaubel in his 75th year on Sunday, October 19, 2014. Predeceased by his parents, John and Clara Shaubel. Survived by his son, Greg (Monica), his brother Larry Shaubel (Alice), his nephew Jeff Shaubel (Terri), his niece Kim Stutz (Dave), his great-nephew Ryan and his great-nieces, Rachel and Mariah. Ken enjoyed playing many sports such as baseball, curling and golf. As a resident of Dain City, Ken proudly served on many of Dain City's councils and committees taking on various roles. He worked as an accountant at Hopkins Steel Works in Welland until his retirement. The family wishes to thank the staff at Portia Village and Northland Palms for their compassion and kindness over the years. A memorial service will be held Saturday, October 25 at 1pm at the Roselawn Centre, 230 Fielden Avenue, Port Colborne. Memorial donations may be made to the Parkinsons Society of Canada or to a charity of choice.

STEAD, Marion L. - Passed away quietly at Crescent Park Lodge on October 8, 2014 at the age 92. Predeceased by husband John L. Stead in 1984. Beloved mother to Frances Compton(Ron) and Gary Stead of Pender Island BC. Also survived by her grandchildren Christopher and Daniel, all of Surrey, BC. Many thanks to the staff of Crescent Park Lodge for their care. At her request cremation has taken place and a private family service will be held at a later date. Arrangements entrusted to **NIAGARA FUNERAL ALTERNATIVES**, 905-894-0120.

WILBY, Glennon Robert - Passed away on Monday, October 6, 2014 at the age of 85 with his family by his side. Glen will be sadly missed and fondly remembered by his wife Helen and children David (Tracy), Debby (Diego), Dan (Barbara) and seven grandchildren. Glen loved and appreciated his regular visits with his granddaughter Trisha (Alison) and especially great-granddaughter Zoey-Chuck. Glen requested we extend his deepest gratitude to Dave Young who faithfully included him in a weekly luncheon trip. Our family sends a special thank you to all friends, family and acquaintances who have reached out to Glen throughout his life in Fort Erie and the staff at GNH Emergency for the compassionate care he received. As per his request, private service and interment is planned.



Obituaries

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MCCARTHY, Peter Raymond - Peter passed away on Saturday October 18th, 2014 at the St. Catharines General Hospital. Beloved husband of Margaret. Cherished father of Stephen. Sadly missed by his brothers Pat (Daphne) and Brian (Doreen). Also survived by his mother in law Josephine Horvath and brother in law Victor (Cindy) Horvath and many nieces and nephews. Predeceased by his siblings Shiva, Terry and Donald. Peter retired as the plant manager from MelCor in Fort Erie. He was well known as a model train enthusiast. **BENNER FUNERAL SERVICES**, 1105 Bennet Ave, Fort Erie entrusted with arrangements. The family will receive friends from 6-8 pm on Wednesday October 22nd. A private funeral service will take place. If so desired, donations to the Fort Erie S.P.C.A. would be appreciated by the family.

A Loving Tribute

KASPER, Mary-Ellen (née Sherron) - Born on April 4th, 1938 and passed away unexpectedly in her 78th year on October 13th, 2014. Loving mother of the late Cynthia, Edwin, Donna and her husband Michael, Darin and his wife Diane and Kurt and his wife Elena. Charished grandmother of Daisy, Der, Colin, Crystal, Vicky, Boyer, Brandon, Angelique, Charly, Michelle and Don Michael and great-grandmother of August and Marlene. Sister of the late Reginald, the late Shirley, Charlotte and Billy. Aunt to many nieces and nephews. Thank you to Bonnie for being by her side. Cremation has taken place. A service to celebrate Mary-Ellen's life will be held at **WILLIAMS FUNERAL SERVICES** 722 Ridge Rd. North, Ridgeway on Thursday October 23rd at 2 o'clock. A reception will follow. For those who wish, memorial donations may be made to the Canadian Cancer Society or because of Mary-Ellen's love for animals to the Niagara Falls Humane Society.



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Are your *gut bacteria* making you fat?

By New York Times best-selling author
Brenda Watson, CNC



If you are like most Canadians who struggle with their weight, you have likely tried a number of diets by now, losing weight each time only to gain it back - and then some. But I'm willing to bet that you have not taken into account your inner weight loss secret. I call it the **gut factor**.

Inside your digestive tract are trillions of bacteria that play a crucial role in not only your digestive and immune health, but also your overall health - and most notably, your weight. Each of us has a unique balance of bacteria that either protects us and keeps us healthy or leaves us susceptible to disease. That same balance can either contribute to weight gain or to weight loss. When your gut bacteria are out of balance, you gain weight. Conversely, when you balance your gut by eating the right foods (and by **avoiding** the wrong foods) you lose weight, reduce cravings, ditch digestive upsets, boost immunity, reduce inflammation, and feel great. This emerging area of research is the reason I wrote *The Skinny Gut Diet*.

With *The Skinny Gut Diet*, you are going to implement a lifestyle that balances your gut. You will eat delicious foods that feed beneficial bacteria and reduce harmful bacteria. You will take supplements that help maintain that balance and support your core health, mainly high potency probiotics. By correcting your imbalance, you will reach a new state of wellness that reaches deep within you to bring about overall wellness.

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2X6 - CEDAR T&G	\$1.00/LF	\$4.29/LF
4X4 - 8 CEDAR	\$12.00	\$20.97
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